

Health Benefits

Muscle Strength

Increased muscle strength

During a Power-Plate programme almost 100% of all muscle fibres in all muscle groups involved are activated. Clearly increasing both strength and muscle stamina.

Study

Title: Effects of strength training through the implementation of rhythmic neuromuscular stimulation (RNS)

Author(s) Schröder et al., University of Hamburg

Journal Deutsche Zeitschrift für Sportmedizin, 2005

Duration 8 weeks, twice weekly

Conducted Power-Plate Next Generation

Results Power-Plate training causes a significant increase in maximum strength, comparable to that of conventional training

Title: Acute effects of WBV on muscle activity, strength and power

Author(s) Cormie et al., Appalachian State University
Journal Journal of Strength and Conditioning Research, 2006

Duration Acute

Conducted Power-Plate Next Generation

Results Whole-body vibration resulted in a significantly higher jump height during the Counter Movement Jump immediately following vibration, as compared with the sham condition. WBV may be a potential warm-up procedure for increasing vertical JH. Future research is warranted addressing the influence of various protocols of WBV (i.e., duration, amplitude, frequency) on athletic performance.

Call us now on 01384 441400 or 01384 444642 to find out more.

6a Market Street - Stourbridge - West Midlands - DY8 1AA
www.thefitnessfactory.info