

Metabolic Study Shows Promise

In an attempt to either disprove or lend credence to the claim "Using vibration training can give you as good a workout in ten minutes as an hour and a half at the gym"...

Bonner Physical Therapy have recently completed a 6 week study.

Test subjects were divided into two groups and each went through the same exercise routine with the primary difference being one group incorporated a ten minute vibration training three times a week in their routine and the second group did a similar exercise with out the vibration .

The difference which really jumped out in the out comes was the vibration group experienced an 18% increase in resting metabolism while the control group showed a 2% decline.

METABOLIC STUDY October-November 2003

GROUP I - CONTROL

| Subject # | Pre-Study Data | | | BMR Difference (+ or -) | Post-Study Data | | |
|-----------|----------------|-------------------|----------------|-------------------------|-----------------|-------------------|----------------|
| | BMR | Body Com-position | Blood Pressure | | BMR | Body Com-position | Blood Pressure |
| 1 | 1400 | 41.1 | 130/80 | +20 | 1420 | 37.1 | 127/74 |
| 2 | 2097 | 37.5 | 103/76 | -524 | 1573 | 33.6 | 108/78 |
| 3 | 2660 | 45.9 | 172/88 | +50 | 2710 | 39.8 | 158/92 |
| 4 | 1590 | 36.1 | 118/72 | -110 | 1480 | 31.8 | 118/68 |
| 5 | 1960 | 31.4 | 120/78 | -60 | 1900 | 29.1 | 120/80 |
| 6 (3) | 1720 (5) | 28.8 (5) | 153/84 (5) | NA | DNF* | -- | -- |
| AVERAGE | 1941 | 38.4 | 129/79 | -124 | 1817 | 34.3 | 121/78 |

* DNF - Did not finish.

GROUP II - VIBRATION

| Subject # | Pre-Study Data | | | BMR Difference (+ or -) | Post-Study Data | | |
|-----------|----------------|-----------------------|-------------------|-------------------------------|-----------------|-----------------------|-------------------|
| | BMR | Body Com- position | Blood Pressure | | BMR | Body Com- position | Blood Pressure |
| 1 (1) | 1051 | 38 | 102/76 | +519 | 1570 | 32.4 | 106/66 |
| 2 | 1630 | 31.1 | 122/76 | +420 | 2050 | 28 | 118/78 |
| 3 (4) | 2030 | N/A | 132/88 | +260 | 2290 | 32.7 (5) | 130/90 |
| 4 (2) | 2060 | 32.9 | 128/81 | -30 | 2030 | 26.1 | 128/80 |
| 5 | 1680 | 50.2 | 143/90 | +570 | 2250 | 46.3 | 124/80 |
| 6 | 1660 | 41.4 | 145/100 | +480 | 2140 | 38.9 | 124/79 |
| 7 | 1290 | 43.4 | 154/80 | +280 | 1570 | 39.6 | 129/70 |
| AVERAGE | 1629 | 39.5 | 132/84 | +357 | 1986 | 35.1 | 122/77 |

- (1) Asthma Medication
- (2) Blood Pressure Medication
- (3) Prednisone
- (4) Started diet & exercise program prior to start of test.
- (5) Not computed in average.