

BODY COACH®

For a perfect body



In this study of the University of Ghent, subjects followed an intensive strength increase programme for **10 weeks on the Body Coach** ('Post1'). This was followed by a **6 weeks detraining** period ('Post2'): the training group remained exercising once a week on the Body Coach, the detraining group stopped all exercise. A control group did not participate in any exercise programme during the study.

This Whole Body Vibration programme showed an increase in strength in upper and lower limbs. A maintenance programme (once a week) seems to be sufficient to keep the gained strength by using the Body Coach. This is not possible with conventional strength training.

◆ Controle
■ Training
▲ Detraining

