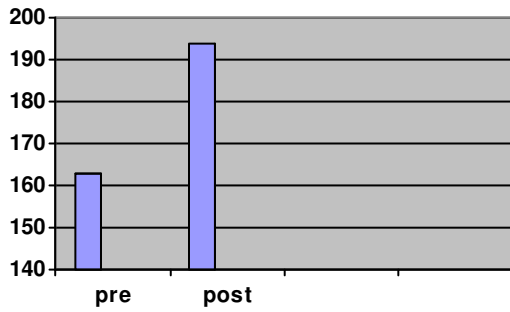


EFFECT OF VIBRATION TRAINING ON CONDITION

“Co2ntrol”[®]-tests, taken from untrained persons, before and after **3 months of vibration training** on the Body Coach[®] show the following results:

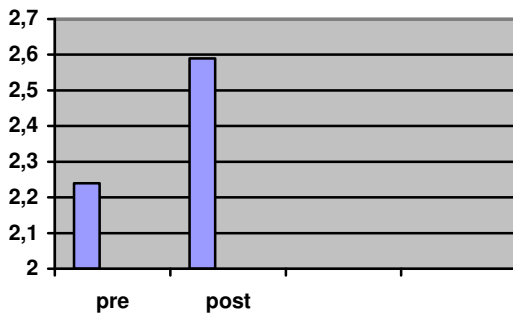
Power (resistance) in watt

+19%



Maximum oxygen capacity (in litre)

+16%



General condition (oxygen take-up in ml/kg)

+19,5%

