

## 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.