

FEEL THE VIBRATION

Vibration training and strength

Vibration platforms are becoming increasingly prevalent in training centers, gyms, and rehabilitation clinics around the world. The main reason for athletes is that vibration is supposed to increase muscle strength, flexibility, hormonal responses, etc. A primary interest among many researchers has been the effects of vibration on strength. If you have read many of these articles, you probably know that the effects of vibration training can vary dramatically from study to study. The training status of the subjects, the type of vibration, and the frequency of the vibration are just some of the factors that can play a role in the effects you might expect. Overall, the research indicates that whole-body vibration can improve strength in untrained subjects and elderly women,² but it does not seem to do much for athletes, nor does it seem to have any additional performance-enhancing effect when added on to traditional weight training programs.¹ However, many studies have small numbers of subjects, which can make it difficult to see significant differences between groups. It could be possible that the studies that do not show a positive effect of vibration training may not have had enough subjects in the first place. A deeper look is in order...

Power Key: vibration training, strength gains, meta-analysis



If you're a woman, you might get more out of vibration training than a man. But there's more to consider...

Original Research

Marín, P.J., and M.R. Rhea. Effects of vibration training on muscle strength: A meta-analysis. *Journal of Strength and Conditioning Research* 24:548-556, 2010.