

# STRENGTH VIBRATION

On strength and power gains from vibration training



COULD TRAINING ON A VIBRATION PLATFORM IMPROVE THIS ATHLETE'S STRENGTH, POWER, AND SPEED?

**Original Research**  
Wilcock, I., et al.  
Vibration training:  
Could it enhance the  
strength, power, or  
speed of athletes?  
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Conditioning Research*  
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Vibration training has become all the rage, with some professional teams even hiding their vibration platforms from public view in an attempt to keep their training practices secret. Essentially, the athlete will stand on a vibrating platform and perform various exercises. One theory goes that due to the  $g$ -forces that the vibrations add to the muscles, the muscles experience an increased load over the weight actually lifted, and that results in increased muscle size, strength, power, and speed. There are also other theories, leading to a great deal of speculation regarding the actual benefit of vibration training, the mechanisms at play, what frequencies to use, how and where to apply the vibrations, etc. Research has been done on all these topics, too. But here is the main question that you undoubtedly want answered: will vibration training make you, the athlete, bigger, stronger, and more powerful? That is what researchers from the Institute of Sport and Recreation Research at the Auckland University of Technology in New Zealand set out to investigate.

**Power Key:** vibration training, strength gain, power production