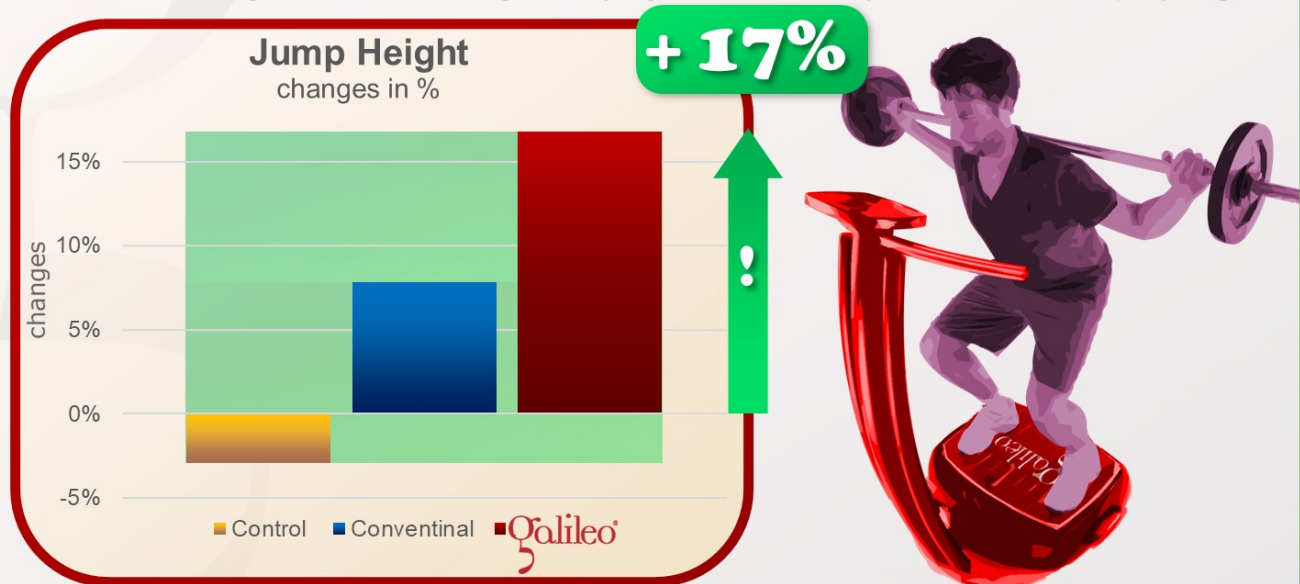


The answer is: YES

This study documented the effects of Galileo Training on jump height in young individuals (26Hz, pos.3, increasing intensity, extra loading up to 75% body weight, 3-5 min, 2/week, 5.5 months). The control groups received no training (control) or conventional strength-training (conventional). Even though the Galileo group had the shorter training session it showed significantly higher results with up to 17% increase of jump height.



This study examined the effects of Galileo training on the jump height in young men and women (ages 20-30). Intensive training was performed over a period of just over 5 months (26Hz, position 3, 3-5 minutes, 10 squats per minute, 2 times a week, deep squat with additional loads of up to 75% of body weight).

The control groups either did not train at all (Control) or also an intensive and progressive training on engines (Conventional).

Although the Galileo group only needed about 50% of the training time, the results needed about twice as much as the conventional force group, with an overall jump height increase of 17%. Another interesting feature of this study is the concept used for training control.

Instead of specifying a fixed weight gain, the duration of exercise was given up to maximum fatigue (3 or 5 minutes).

Depending on the performance per training session, the weight was then readjusted for the next session (for example, if the subject was not fully fatigued after 3 minutes, the weight was increased for the next session).

This is a very simple method to optimize the training intensity and the training effects achieved.