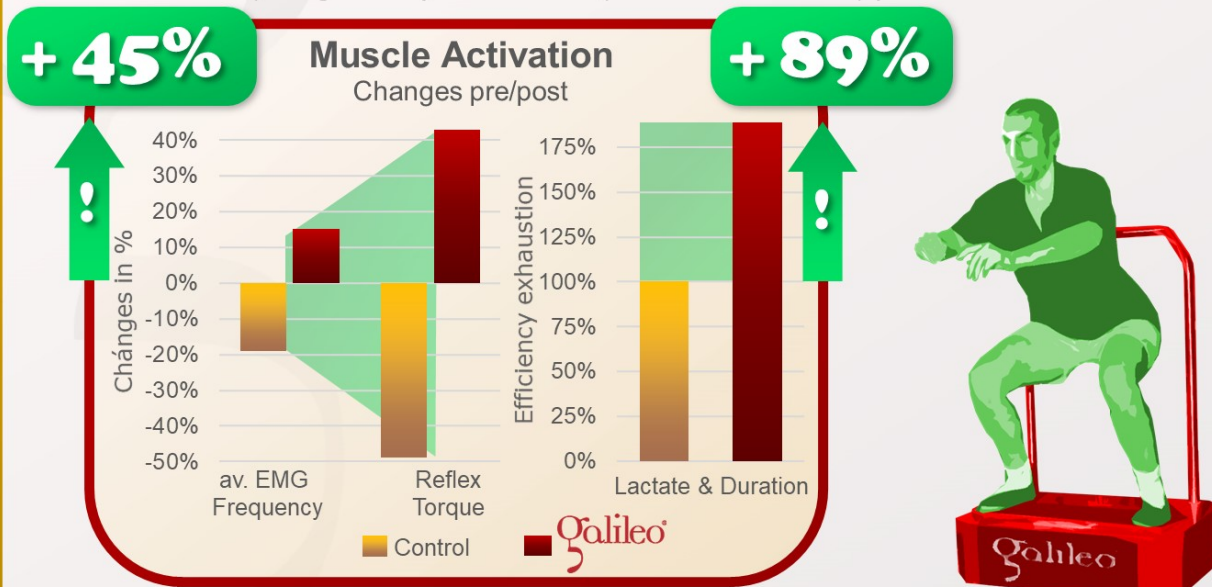


Can Galileo Training make squats more efficient and more effective ?

The answer is: YES

This study reported the short-term effects of Galileo Training on muscle activation and exhaustion (26Hz, 90° dynamic squats, Pos. 6, 40% body weight extra load, subjective exhaustion). The control group received identical exercises without Galileo. The Galileo groups showed higher training effects (increase lactate +205% instead of +160%) in significantly shorter time (349s instead of 515s) plus increased muscle activation.



Mutschelknauss M: Effect of exhaustive whole body vibration exercise on neuromuscular parameters compared to exhaustive squatting exerc; Dissertation, Medizinische Fakultät der Charité, Berlin, 2006; GID: 1977

This study documented the short-term effect of Galileo Training on muscle activation and exhaustion.

Slow dynamic squats with and without Galileo Mechanostimulation (26Hz, position 6) using 40% body weight as extra load (in both cases) until individual exhaustion (Borg-scale >18).

The study investigated muscle activation (EMG), stretch reflex amplitudes as well as blood parameters like lactate concentration.

The results showed higher training effects like exhaustion (lactate increase 205% instead of 160%), EMG frequency (+15% instead of -19%) and stretch reflex torque (+43% instead of -49%) in significantly shorter time (349s instead of 515s).

The results demonstrate that the combination of traditional exercises with Galileo can make them much more efficient and effective at the same time.