



Vibration training has been shown in the laboratory to provide the following benefits:

<b>MEASURE</b>	<b>PERCENTAGE CHANGE</b>
Leg extension strength <sup>1</sup>	↑15%*
Biceps curl strength <sup>2</sup>	↑10%*
Jump height <sup>3</sup>	↑9%*
Growth Hormone <sup>4</sup>	↑361%*
Testosterone <sup>4</sup>	↑7%*
Cortisol <sup>4</sup>	↓32%*
Lower back pain <sup>5</sup>	↓66%*
Basal Metabolic Rate <sup>6</sup>	↑21.9%*
Body Fat <sup>6</sup>	↓11.2%*
Systolic Blood Pressure <sup>6</sup>	↓10mmHg*
Diastolic Blood Pressure <sup>6</sup>	↓7mmHg*
Bone Density of the Hip <sup>7</sup>	↑1.51%#
Cellulite <sup>8</sup>	↓25.7%*

**Key clinical data**  
Average values \*  
Net Increase #

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