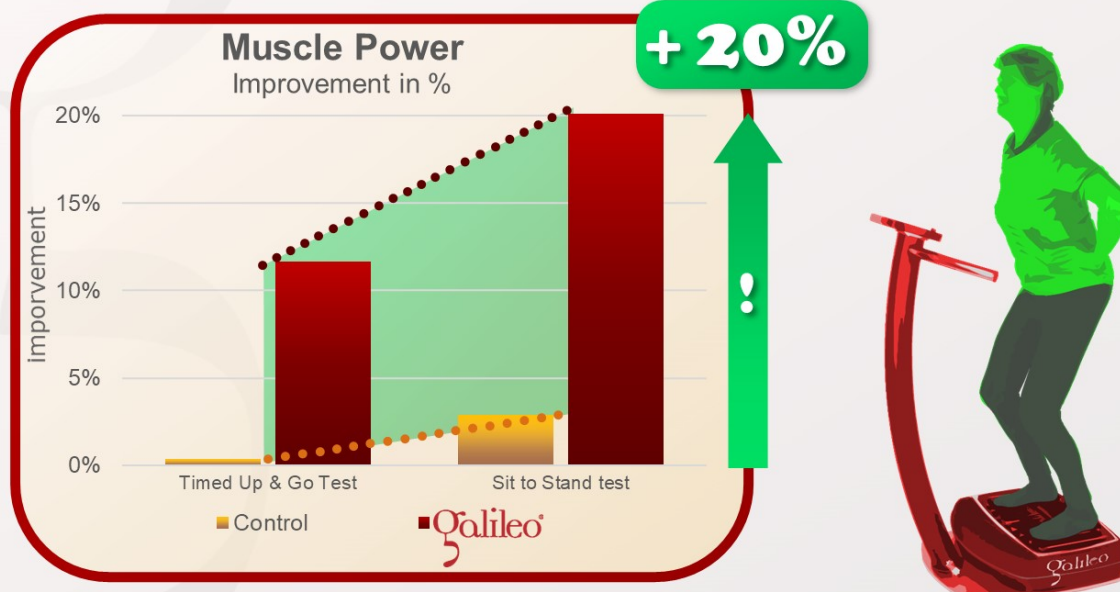


Can Galileo Training be effective to increase muscle power older people?

The answer is: YES

This study investigated the effects of Galileo Training on muscle power in older community-dwelling adults aged 61 to 77 (15-25Hz, pos. 1, 70° knee-angle, 5*1 min., 3/week, 6 weeks, increasing intensity). The control group did not perform any additional training. The Galileo group improved muscle power significantly, measured by the Timed Up & Go Test, (+12%) and using the Sit to Stand Test (+20%).



Furness TP, Maschette WE, Lorenzen C, Naughton GA, Williams MD: Efficacy of a whole-body vibration intervention on functional performance of community-dwelling older adults; J Altern Complement Med., 16(7):795-7, 2010; PMID: 20590479; CID: 2318

This study examines the effect of Galileo training on the performance of the musculature in older people (61 to 77 years).

Training was done over 6 weeks, 3 times a week, 5 times 1 minute at 15-25Hz (increasing intensity) with a tight foot position (pos. 1) and a squat of 70° knee angle.

A classic exercise for the expenditure of the musculature and thus to increase performance. The control group did not do any additional training and barely changed.

The Galileo group, on the other hand, showed a significant and significant improvement in muscle performance as measured by the "Get Up and Go" (+12%) and the Sit to Stand Test (+20%).

These results are also confirmed by other studies with Galileo e.g. #GRFS79, #GRFS10 confirmed. In addition, studies show that the balance in old age can be improved by Galileo training (#GRFS97, #GRFS43).

These two aspects are a good example of how Galileo Training is an excellent workout, especially in old age.



[J Altern Complement Med.](#) 2010 Jul;16(7):795-7. doi: 10.1089/acm.2009.0366.

Efficacy of a whole-body vibration intervention on functional performance of community-dwelling older adults.

[Furness TP¹](#), [Maschette WE](#), [Lorenzen C](#), [Naughton GA](#), [Williams MD](#).

OBJECTIVE:

The objective of this study was to investigate efficacy of a whole-body vibration (WBV) intervention on functional performance of community-dwelling older adults.

DESIGN:

The study was designed as a randomized controlled trial.

SETTING:

The setting was in community centers.

SUBJECTS:

There were 37 total subjects (21 women and 16 men) (age 69 +/- 8 years; mean +/- standard deviation).

INTERVENTION:

Participants were randomized to a WBV intervention (INT) group and control (CON) group. Whole-body vibration was administered for five 1-minute bouts per session, 3 days per week, for 6 weeks. The CON group was asked not to commence any form of physical training.

OUTCOME MEASURES:

Functional performance was measured with the timed-up-and-go-test (TUG) and sit-to-stand-test (STS).

RESULTS:

After WBV, TUG and STS time was less for INT than CON (INT, TUG 7.6 +/- 0.3 seconds, STS 11.9 +/- 2.0 seconds; CON, TUG 8.6 +/- 0.9, STS 13.5 +/- 1.1 seconds; $p < 0.05$). Within INT, TUG improved 0.9 +/- 0.4 seconds; $p = 0.01$ and STS improved 3.0 +/- 0.9 seconds; $p = 0.05$).

CONCLUSIONS:

The efficacy of this WBV intervention was established. Functional performance improvement after WBV may be attributed to a number of biological mechanisms that remain speculative. Further research is required to mechanistically understand the effects of WBV on older adults.

PMID: 20590479 DOI: [10.1089/acm.2009.0366](#)