

Can Galileo Training improve balance in athletes?

The answer is: Yes

This study investigates the effects of Galileo Training on balance in athletes. (5-12Hz, pos. 1-3, 6 min./day, 3/week, 13 weeks). As a result balance improved significantly in average by 330% (duration of one-legged standing with closed eyes).



Wegner R, Ziaja C, Witt J, Weinberg P, Baur C: Leistungsoptimierung im Rahmen eines 8-wöchigen Vibrationstrainings und der Einsatz eines Kohärenzmessgerätes im Leistungssport; Leistungssport, 6:22-24, 2009; GID: 2035

[#GRFS38](#) showed the immediate effects of Galileo Training on balance in athletes.

This study shows the long-term, effects of Galileo

Training on balance in athletes over a period of 13 weeks.

The athletes trained 3 times per week 3 different exercises at 5 to 12Hz with a total exercise time of 6 minutes.

The results showed an improvement in balance time (one-legged, eyes closed) by 330% in average.

With an effort of less than 20 minutes per week and an almost linear improvement of the balancing time over the 13 weeks this is another example of how efficient Galileo Training can be.



Leistungssport, **2009**; 6: 22-24

Leistungsoptimierung im Rahmen eines 8-wöchigen Vibrationstrainings und der Einsatz eines Kohärenzmessgerätes im Leistungssport

Year: 2009

Wegner R, Ziaja C, Witt J, Weinberg P, Baur C

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