

## Overview

The **EXSPEED™** family of training programs has proven to be effective and innovative for training athletes of all ages for speed and power sports with the use of high speed treadmills. In recent years, Vibration training has gained a great deal of support for a variety of training methods, including power development, neurological activation, and flexibility training. It only makes sense these two highly successful training modalities join forces. The combination of **EXSPEED™** Treadmill Training with the Vibraflex® Vibration Platform is a breakthrough in speed and power training.

## Programs

The **EXSPEED™ PROVIBE** program is an 8 week program which combines the treadmill protocols used within the **EXSPEED™ PRO** program with a series of vibration exercises which are incorporated within the various sprinting exercises. Twenty-one high school athletes of various age, sport, and level were randomly split into 4 groups for the training research. Two of the groups performed the **EXSPEED™ PRO** program while the other two participated in the **EXSPEED™ PROVIBE** series of training. Each of the two groups were broken down into athletes who had previously participated in the **EXSPEED™ PRO** program and those who had not and were new to treadmill training. Each athlete ran on the treadmill 1 day per week while participating in several other running and weight lifting workouts in the same week. The only difference in the training methods was the introduction of the Vibraflex® to the protocols.

## Results

The effectiveness of the **EXSPEED™ PRO** program was easy to see during the pretest session. Athletes who have previously trained with this system were faster, more explosive and more agile than those who had not trained in the system previously. As you can see in graph 1, those who have trained on the treadmill prior to the research ran on average almost 0.4 seconds faster than those athletes who had not trained in the system prior. They also jumped almost 4 inches higher in the vertical jump (graph 2) and more than 0.3 seconds in a 20 yard shuttle test (graph 3). So, when comparing the results of the **EXSPEED™ PROVIBE** to the **PRO** version, the expectations were very high.

## EXSPEED™ PROVIBE

The pre and post test training results demonstrated sizable improvements with both the **PRO** group and **PROVIBE** group, but the athletes who participated in the **PROVIBE** training are almost twice as impressive. As you can see in graph 4, when comparing new athletes who had never performed treadmill training previously, the **PROVIBE** group improved their 40 yard dash by .27 seconds compared to only .15 seconds for the **PRO** group. The results exhibited by the **PRO** group is consistent with previous research.

We also compared the athletes who participated in both training groups, regardless of their training history (Graph 5). Obviously, the results are not quite as impressive as the new athlete numbers, but it is expected that the numbers be slightly lower with athletes who have experienced the treadmill methodology previously. These athletes possess a nervous system which is less likely to react with dramatic results. Continued improvements are taking place, which is the key. **PROVIBE** results continued to impress the researchers.

## Discussion

It was expected to see greater improvements with the vibration group, but it was unexpected to see results so impressive, even to the trained coaches who were performing the training. It is obvious that the neurological activation which takes place with vibration training helps make the **EXSPEED™ PROVIBE** the best speed training system available.



### At a Glance:

- Vibration is highly effective for improving athlete's speed and power
- **EXSPEED™ PRO** uses Woodway treadmills to develop athletes

### Programs

- 8 week training programs
- Compared athletes who trained with the **EXSPEED™ PRO** and the **EXSPEED™ PROVIBE** as well as training status

### Results

- Athletes who have a history of training in the **EXSPEED™ PRO** ran .32 sec. faster in 40, jumped 3.78 in. higher in VJ, and ran .18 faster in shuttle than athletes who have not trained with **EXSPEED™ PRO**
- Pre/Post-test results show much better results with the **PROVIBE** program than with the **PRO** system when looking at both new athletes and combined athletes

