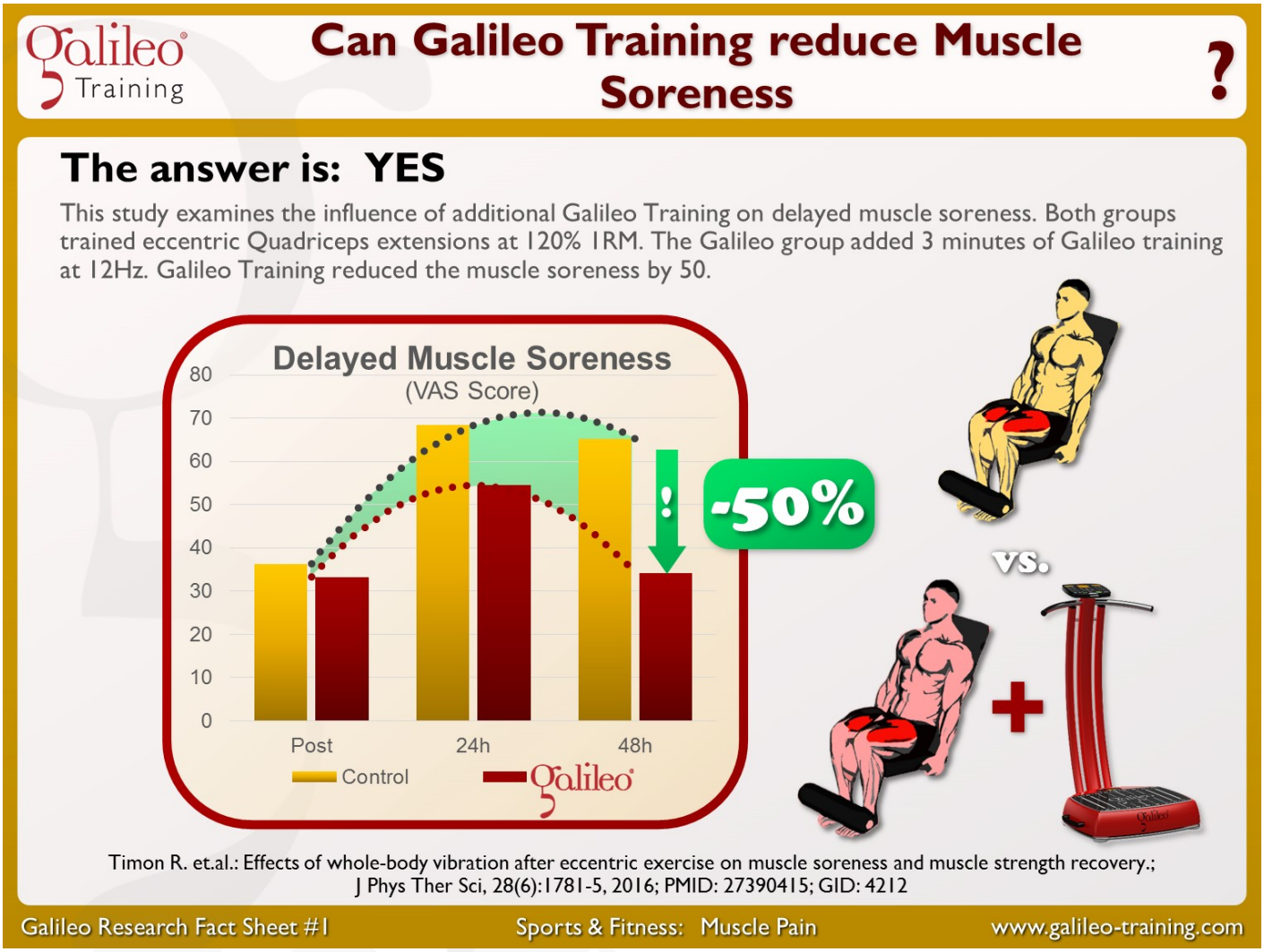

Just for this simple effect Galileo Training should be in every fitness center:

Just 3 minutes of Galileo Training (standing slightly bent on the device at 12 to 16Hz) after intense workouts and the muscle soreness is almost gone! Not only this study but also our own experience shows that this really works. This is probably also the reason why it is really hard to get sore muscles even if you do really intense Galileo Training at high frequencies (30-36Hz).

For this study a frequency of 12Hz was used - in our experience however this cool-down works even better at 18Hz. Studies show (#GRFS21) that blood flow increases with higher frequencies – however you don't want to go to frequencies above 20Hz as they start to be exhaustive (#GIS1 #GRFS3). Another option is to do Galileo Training at frequencies (25 to 36Hz) as a super-set after a standard work-out to really draw the last reserves of the muscle. For example, by using Galileo-Training after a leg-press set doing a static deep squat with as much extra load (typically 50-100% body weight) to totally exhaust muscles after 30 to 60 seconds. You can take a rest period of 60 to 180 seconds and repeat this for 2 to 3 sets (if really needed). Another cool-down effect you can use is stretching during the rest phase in between sets to improve the over-all training effect.
(#TheMusclePhD) and Galileo Training at 16 to 21Hz is one of the most effective ways for stretching.

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Effects of whole-body vibration after eccentric exercise on muscle soreness and muscle strength recovery.

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Abstract

PURPOSE

The aim of this study was to investigate whether or not a single whole-body vibration treatment after eccentric exercise can reduce muscle soreness and enhance muscle recovery.

SUBJECTS AND METHODS

Twenty untrained participants were randomly assigned to two groups: a vibration group (n=10) and control group (n=10). Participants performed eccentric quadriceps training of 4 sets of 5 repetitions at 120% 1RM, with 4 min rest between sets. After that, the vibration group received 3 sets of 1 min whole body vibration (12 Hz, 4 mm) with 30 s of passive recovery between sets. Serum creatine kinase, blood urea nitrogen, muscle soreness (visual analog scale) and muscle strength (peak isometric torque) were assessed.

RESULTS

Creatine kinase was lower in the vibration group than in the control group at 24 h (200.2 ± 8.2 vs. 300.5 ± 26.1 U/L) and at 48 h (175.2 ± 12.5 vs. 285.2 ± 19.7 U/L) post-exercise. Muscle soreness decreased in vibration group compared to control group at 48 h post-exercise (34.1 ± 11.4 vs. 65.2 ± 13.2 mm).

CONCLUSION

Single whole-body vibration treatment after eccentric exercise reduced delayed onset muscle soreness but it did not affect muscle strength recovery.

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