



Fuji Plate (High Amplitude Whole Body Vibration) Exercise Research Regimen

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Subject Background

- ▶ Subject is a 34-year-old male with athletic exercise experience.
- ▶ Typical lower body exercise routine includes moderate-heavy loads on back squat, front squat, weighted lunge, Romanian deadlifts, leg extension, leg curl seated, and standing calf raises.
- ▶ Subject had not performed any plyometric activities within 6 months.

Exercise Routine

- ▶ Workout routine will consist of timed contractions @ 3 seconds on the eccentric phase and 3 seconds on the concentric phase (6 seconds per repetition x 12 repetitions = 72 seconds per set).
- ▶ Body weight only will be used to examine the effect of gravity's load multiplied into the body.
- ▶ Each exercise will be performed for 3 sets of 12 repetitions
- ▶ Rest phases will be spent on stable ground for 45 seconds between each set and 1 minute between exercises.

Data Collection

- ▶ Measurements will be collected pre / post exercise intervention (3 days a week for 3 weeks).
- ▶ Measurements will include quadricep muscle amplitude with EMG, DEXA scan lean vs. fat mass and bone density, energy expenditure during exercise intervention, and Vertek vertical jump for power.

Platform Specifications

- ▶ Dr. Fuji FJ-700 Cyber Body Fit Fx self-vibration machine.
- ▶ Platform oscillates at 15mm, which is 11mm greater than the amplitude of traditional WBV platforms (4mm).

Squat (Regular Stance)



Calf Raise



Hip Hinge (Hamstring) RDL



Plank (Hip Flexor Emphasis)



Squat (Sumo Stance)



Glute Bridge



Lunge

