Performance

The effects of a whole-body vibration program on muscle performance and flexibility in female athletes.


The effects of whole-body vibration on upper- and lower-body EMG during static and dynamic contractions.


A comparison of the physiologic effects of acute whole-body vibration exercise in young and older people.


Influence of vibration on delayed onset of muscle soreness following eccentric exercise.

**Acute whole body vibration training increases vertical jump and flexibility performance in elite female field hockey players.**


**Adaptive responses of human skeletal muscle to vibration exposure.**


**Acute changes in neuromuscular excitability after exhaustive whole body vibration exercise as compared to exhaustion by squatting exercise.**


**Whole body vibration exercise: training and benefits.**

Hormonal responses to whole-body vibration in men.


The rate of muscle temperature increase during acute whole-body vibration exercise.


Effects of vibration and resistance training on neuromuscular and hormonal measures.


Effects of whole body vibration training on muscle strength and sprint performance in sprint-trained athletes.

Effects of 24 weeks of whole body vibration training on body composition and muscle strength in untrained females.


Effect of 4-min vertical whole body vibration on muscle performance and body balance: a randomized cross-over study.


Effects of vibration exercise on muscle performance and mobility in an older population.


Improving strength and postural control in young skiers: whole-body vibration versus equivalent resistance training.


Vibration training: benefits and risks.

**Effect of 8-month vertical whole body vibration on bone, muscle performance, and body balance: a randomized controlled study.**


**The acute effect of vibration exercise on concentric muscular characteristics.**


**Biological reaction to vibration--implications for sport.**


**Differential effects of whole body vibration durations on knee extensor strength.**

Effect of whole body vibration training on lower limb performance in selected high-level ballet students.


The acute effect of whole-body vibration on the hoffmann reflex.


Acute Effect of Whole-Body Vibration on Sprint and Jumping Performance in Elite Skeleton Athletes.


Acute effects of whole-body vibration on muscle activity, strength, and power.


Influence of vibration training on energy expenditure in active men.

The effects of movement velocity during squatting on energy expenditure and substrate utilization in whole-body vibration.


Vibration training: an overview of the area, training consequences, and future considerations.


Effect of vibration during fatiguing resistance exercise on subsequent muscle activity during maximal voluntary isometric contractions.


The acute effects of mechanical vibration on power output in the bench press.

**Whole-body-vibration-induced increase in leg muscle activity during different squat exercises.**


**Whole-body vibration induced adaptation in knee extensors; consequences of initial strength, vibration frequency, and joint angle.**


**Will whole-body vibration training help increase the range of motion of the hamstrings?**


**Whole-body-vibration training increases knee-extension strength and speed of movement in older women.**

Variation in neuromuscular responses during acute whole-body vibration exercise.


Vibration exposure and biodynamic responses during whole-body vibration training.


Strength increase after whole-body vibration compared with resistance training.


Effect of four-month vertical whole body vibration on performance and balance.

**Knee extensor fatigability after bedrest for 8 weeks with and without countermeasure.**


**Effects of whole-body vibration exercise on lower-extremity muscle strength and power in an older population: a randomized clinical trial.**


**Effects on leg muscular performance from whole-body vibration exercise: a systematic review.**


**Strength training effects of whole-body vibration?**

The use of vibration training to enhance muscle strength and power.


Vibrations and their applications in sport. A review.


Impact of whole-body vibration training versus fitness training on muscle strength and muscle mass in older men: a 1-year randomized controlled trial.


Comparing the performance-enhancing effects of squats on a vibration platform with conventional squats in recreationally resistance-trained men.