



## **Oxygen Uptake in Whole-Body Vibration Exercise: Influence of Vibration Frequency, Amplitude, and External Load**

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### **Abstract**

Vibration exercise (VbX) is a new type of physical training to increase muscle power. The present study was designed to assess the influence of whole-body VbX on metabolic power. Specific oxygen uptake ( $sV \cdot O_2$ ) was assessed, testing the hypotheses that  $sV \cdot O_2$  increases with the frequency of vibration (tested in 10 males) and with the amplitude (tested in 8 males), and that the VbX-related increase in  $sV \cdot O_2$  is enhanced by increased muscle force (tested in 8 males). With a vibration amplitude of 5 mm, a linear increase in  $sV \cdot O_2$  was found from frequencies 18 to 34 Hz ( $p < 0.01$ ). Each vibration cycle evoked an oxygen consumption of approximately  $2.5 \mu\text{l} \cdot \text{kg}^{-1}$ . At a vibration frequency of 26 Hz,  $sV \cdot O_2$  increased more than proportionally with amplitudes from 2.5 to 7.5 mm. With an additional load of 40 % of the lean body mass attached to the waist,  $sV \cdot O_2$  likewise increased significantly. A further increase was observed when the load was applied to the shoulders. The present findings indicate that metabolic power in whole-body VbX can be parametrically controlled by frequency and amplitude, and by application of additional loads. These results further substantiate the view that VbX enhances muscular metabolic power, and thus muscle activity.

### **Key words**

Indirect calorimetry - exercise physiology - rehabilitation