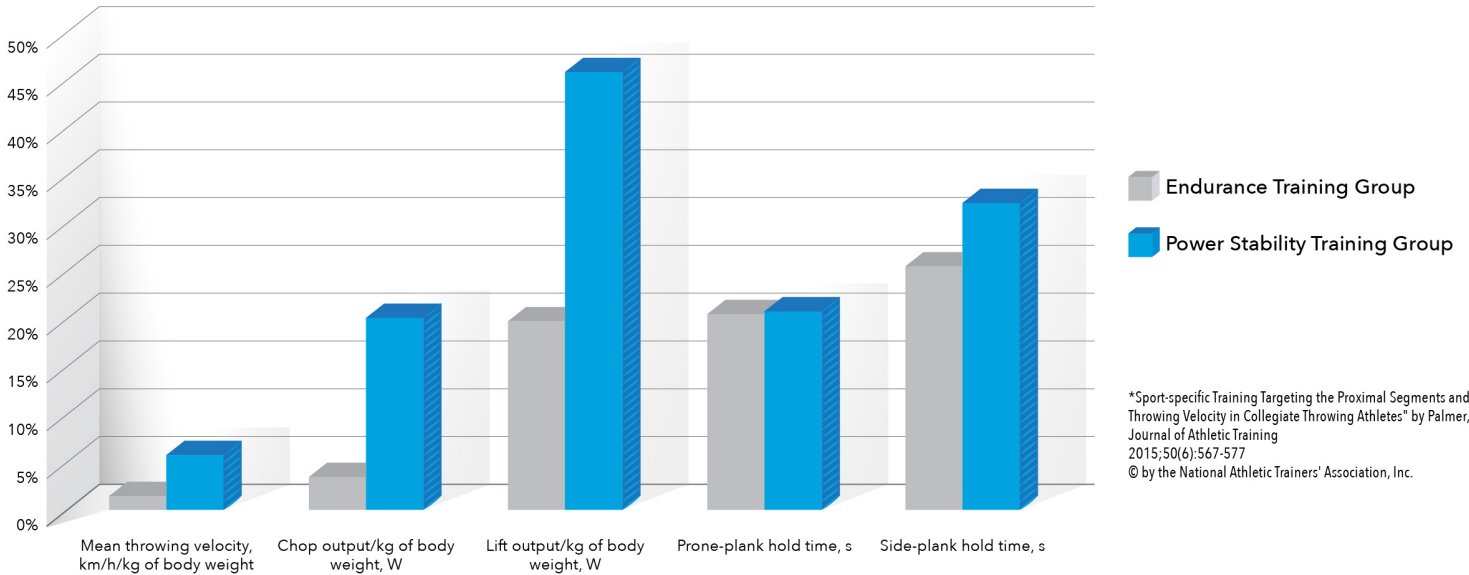


Endurance vs Power Stability, Sport-Specific Training Outcomes

% improvement over 7 week training program



New research published findings on the effects of a traditional Endurance Training program vs a sport-specific Power Stability training program – targeting the muscles that support the proximal segments and throwing velocity. Researchers relied on the PrimusRS for objective, interactive physical performance evaluation and strengthening of study subjects - collegiate softball and baseball players.

The study revealed significant benefits to Power Stability training. Specifically, the Power Stability group realized a 300% increase in throwing velocity vs the Endurance Training Group. Power Stability training also yielded a 500% increase in chop output, and a 140% increase in lift output - vs the Endurance Training Group. Prone plank hold time improvement was statistically similar between the two groups, however side plank hold time increased 21% more in the Power Stability group. Subjects used the BTE PrimusRS Chop-Lift attachment to achieve these improvements. Among a broad range of evaluation and treatment applications, PrimusRS is uniquely designed to offer superior power-based training.

This research concludes that combining sport-specific training stimuli targeting the muscular-endurance, strength, and power contributions of the proximal segments using the BTE PrimusRS contributes to measurable performance improvements. Further, researchers suggest that future exploration should investigate the dosage effects for training the proximal segments for both power and endurance sport-performance outcomes. This can be best achieved using the PrimusRS objective evaluation and conditioning system.