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 FEATURED MERCHANT

A "Pneu" WAVE in SPORTS TRAINING

By Charles Peeples

With nearly every new nutritional supplement, exercise gadget and training regimen claiming to be "cutting-edge," cynicism comes easy. Take the latest self-hyped drink-mix now appearing in multi-page advertorials in nearly every muscle magazine, featuring extracts of "double-blind, peer-reviewed, university studies" and a stately lab-coated Nobel-laureate type proclaiming this stuff to be "the greatest revolution in bodybuilding history since the invention of the barbell." Uh... yeah, okay. Hullo, NEWSWEEK?

A tough combo: Undine Peeples vs the bands on the vibrating platform. Now do it one-legged...

So when Mike Gurnicz told me about some equipment that his new Synergy Club in Lionville would feature, like a "treadmill on steroids" and strength-building vibration technology that evolved from Russian space-program experiments, I politely restrained my mirth. A few weeks later, having checked out the gear first-hand, tried it, and seen some of the corroborating evidence -and the sense it made- I'd lost the smirk.

That treadmill for instance - the Pneu-Fast isn't something you'll find in your local health club. It has a superstructure with a body-harness hanging from it, a thoughtful provision since the treadmill speed goes up to 30mph. If such a range sounds absurd, it's also significant; this equipment makes you do stuff that you couldn't try at home -or anywhere else for that matter. I've seen video footage of a large, high-school football player doing 25mph on this thing -for only about eight seconds, granted, but you can be sure the incremental training he



Wrestler Miles Tornetta is a blur on the "treadmill from hell"

did to get to that eight seconds forced some fancy stimulation to his neuro-muscular pathways. Ditto running sideways and backwards, albeit at much slower speeds. The mind and body learn to get over the shock and handle these abrupt switches. That translates to quicker responses on the playing field.

The other machine, the Pneu-Vibe, is an oscillating platform, about 4' x 5'. The frequency and amplitude of the oscillator are adjustable, from a gentle hum to a vibration which will make your teeth rattle. You perform the same exercises on the platform that you'd perform anywhere else, and the video shows various athletes executing powerlifting and Olympic lifts as well as plyometrics. Contending with the vibration makes the movements more difficult, again challenging the neuro-muscular pathways to handle more stimulae. This increases involuntary muscle contraction, circulation, lymphatic flow, resting metabolic rate, and bone density. And -hold on tight- according to published studies, this stimulation also jacks up HGH (350%!) and testosterone, while decreasing cortisol levels...wow!

To ward off skepticism, this same video treats us to a sample of apparent results: game-action of the football player we saw earlier, weaving and sliding through opponents, flicking them almost casually off his back. It looks like NFL hype, or even a movie, but no, it's real live high-school game footage.

The kid's dad, Satini Puailoa, is the one here showing us the video and demonstrating the equipment,

speaking arcanelly of identifying and correcting “power-leaks” in an athlete’s movements. He’s also the team’s coach, and has coached high school sports in Idaho for over twenty years. Not the sort of guy who falls for gimmicks: “When I was first shown the vibrating platform, all I could think of was those silly vibrating-belt machines women used for trying to jiggle off their fat in spas back during the sixties. I said ‘no thanks!’ But they insisted, so I gave it a try. Best thing I ever did.” Puailoa (we call him “Coach” for obvious reasons) now has anecdotal evidence- volumes of it- to make his case, all of them involving dramatic increases (measured double-digit percentages) in lifts, speed, jumps and personal bests in a wide array of sports: “We’ve seen as much as a 30% change in pre and post bone scans. In our weight-lifting study with high school-age athletes, the vibration group improved more in all tests, 6 to 1 in vertical jump, 5 to 1 in parallel squats, and 2.5 to 1 in bench press. I trained a Long and Triple jumper who in 9 weeks went from a 12.0 100 meters down to an 11.3. His long jump went from 20. 6 to 22.6. His triple jump went from 40.8 to 42.1. One athlete had been stuck at 285 bench press and 405 squats for over a year. After working out on vibration for 3 weeks his bench went to 315 and his squats to 440. Our squat and deadlift records were obliterated.

Before using this training we had no shot-putters over 45 feet. Afterward we had eight, and four of them threw over 50 ft. Our sprinter became the best in the region and state, as we set state records in the 4x100, and 4x200. Our high school won thirteen State Championships in three years. We had the state Players of the Year in volleyball, football, wrestling, boys’ and girls’ soccer. Our football team swept league honors 3 years in a row. For three consecutive years we had the Offensive, Defensive, MVP’s the league, along with Lineman of the Year on both the Offensive and Defensive teams.”

Impressive stuff. In an age where nearly every serious young athlete (and his parents) has an eye on athletic scholarships, this is cutting edge. No doubt a lot of them will be going over to the Synergy Club to give it a closer look. And who knows, one of these days, I might even sample that miracle powder they’re screaming about in the magazines. If that stuff does what it’s supposed to, I’ll be back in my teens by the end of the year and lifting trucks. Maybe even doing 30mph on that crazy treadmill!

For more information about this technology contact The Synergy Club at 610 363-7484.



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