

Research Based Benefits of Exogen

<u>Aerobic / Cardio / Calorie Burning</u>	Rehab & Return to Perform	Combat & Martial Arts	Strength Training
<p>8 - 15 % increase in metabolic output with 1 - 5 % BW</p> <p>5 - 10 % average PB time improvement after 6 - 12 weeks</p> <p>20 - 40 % Enhanced RPE with 1 - 3% BW sport specific speeds</p>	<p>27 % reduction in leg strength/power deficiency post injury</p> <p>27 - 47 % increased horizontal GRF and horizontal power</p> <p>7 % increased peak velocity during sprint start</p> <p>3 - 4 % increased vertical GRF during acceleration & Vmax</p>	<p>8 - 11 % enhanced peak Punch acceleration</p> <p>10 % enhanced peak punch velocity</p> <p>3 - 8 % enhanced peak kick velocity</p> <p>12 - 24 % improved rotational punch/kick speed and power</p> <p>3 - 5 % improved skill ROM in 4-6 week</p>	<p>3.7 % increased IRM maximum strength</p> <p>8.5 % improved bodyweight strength in 6 weeks</p> <p>17.8 % improved Olympic lift technique</p>

Sprint & Speed Training	Swimming & Racquet Sports	Warm-up Protocols	Leg Power & Jumping
<p>5% increase in acceleration and maximum velocity</p> <p>5.7 % improved sprint times in 4 - 6 weeks</p>	<p>Swim 20 % improved RPE for swim paddle/ swim stroke</p> <p>Tennis 3 - 7mph faster serve speed in tennis with PAP wup</p> <p>Cycling 4 Watts/kg increased output (to improve race cadence)</p>	<p>Golf 10- 20m increase in drive distance</p> <p>Agility 1.5% enhanced performance 5-0-5 test</p> <p>Sprinting 4.9 % improved 60m speed times</p>	<p>8 % Acute leg power PAP</p> <p>8.5 % increased vertical jump</p> <p>11.5 % increased broad jump</p>