



VICTORIA UNIVERSITY
MELBOURNE AUSTRALIA

The Acute Effect of Whole Body Vibration on Repeated Shuttle-Running in Young Soccer Players

This is the Accepted version of the following publication

Padulo, J, Giminiani, R. Di, Ibba, G, Zarrouk, N, Moalla, W, Attene, G, Migliaccio, G. M, Pizzolato, F, Bishop, David and Chamari, Karim (2013) The Acute Effect of Whole Body Vibration on Repeated Shuttle-Running in Young Soccer Players. *International Journal of Sports Medicine*, 35 (1). pp. 49-54. ISSN 0172-4622 (print) 1439-3964 (online)

The publisher's official version can be found at
<https://www.thieme-connect.com/ejournals/html/10.1055/s-0033-1345171>
Note that access to this version may require subscription.

Downloaded from VU Research Repository <https://vuir.vu.edu.au/24232/>

Table 1 Results of all parameters analyzed during RSA1, RSA2 and RSA3.

Variables		RSA1	RSA2	RSA3	$\Delta\%$		
					RSA1/RSA2	RSA2/RSA3	RSA1/RSA3
Best Time (BT)	(s)	6.97 (0.12)	7.00 (0.14)	7.03 (0.15)	0.40%	0.46%	0.86%
Worst Time (WT)	(s)	7.62 (0.25)	7.47 (0.11)	7.69 (0.17)	1.90%*	2.93%*	0.97%
Total Time (TT)	(s)	43.76 (0.90)	43.35 (0.64)	44.08 (0.75)	0.93%*	1.68%*	0.73%
Fatigue Index (FI)	(%)	4.61 (1.50)	3.20 (1.24)	4.48 (1.09)	30.64%*	40.15%*	2.80%
Blood Lactate (Bla)	(mmol·L ⁻¹)	11.61 (2.20)	13.58 (2.35)	11.58 (2.13)	16.97%*	14.73%*	0.26%

RSA: Repeated Sprint Ability, values are mean (SD). *Significant values (p<0.05).