



**VICTORIA UNIVERSITY**  
MELBOURNE AUSTRALIA

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

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**Table 2** Individual sprint result RSA1, RSA2 and RSA3.

RSA		Sprint 1	Sprint 2	Sprint 3	Sprint 4	Sprint 5	Sprint 6
<b>RSA1</b>	(s)	6.99 (0.13)	7.08 (0.20)	7.24 (0.17)	7.40 (0.15)	7.48 (0.15)	7.58 (0.27)
<b>RSA2 R</b>	(s)	7.06 (0.09)	7.16 (0.12)	7.19 (0.16)	7.35 (0.07)	7.24 (0.13)	7.34 (0.19)
<b>RSA2 V</b>	(s)	7.07 (0.16)	7.05 (0.21)	7.21 (0.21)	7.29 (0.18)	7.38 (0.21)	7.40 (0.20)
<b>RSA3</b>	(s)	7.05 (0.15)	7.11 (0.16)	7.30 (0.17)	7.40 (0.11)	7.53 (0.17)	7.68 (0.17)
<b>RSA1/2R</b>	(Δ%)	0.97%	1.15%	-0.64%	-0.64%	-3.20%**	-3.16%
<b>RSA2R/3</b>	(Δ%)	0.13%	0.69%	-1.56%	-0.72%	-4.00%**	-4.71%**
<b>RSA1/2V</b>	(Δ%)	1.04%	-0.51%	-0.42%	-1.50%**	-1.29%	-2.45%
<b>RSA2V/3</b>	(Δ%)	0.21%	-0.96%	-1.32%	-1.56%	-1.94%*	-3.73%**

RSA: Repeated Sprint Ability, values are mean (SD). RSA2 separated for WBV (V) or Recovery (R) and ratio between RSA2 with RSA1 and 3. \* Significant values (p<0.05) - \*\*Significant values (p<0.01).