

## Pilot Study Trials of the FlexxiCore Challenger

The FlexxiCore Challenger is designed to trigger our natural self-balancing capacity with subtle vibrations. These are combined with sideways oscillations which mimic our gait as we walk or run. The FlexxiCore Challenger's constantly changing patterns of vibrational frequencies and oscillations trigger automatic responses from the muscles and nervous system in a high-intensity rhythm – toning muscles and boosting circulation, flexibility and poise.

A cross-section of typical users (Female: 6; Male: 4) undertook a 60-day trial of the FlexxiCore Challenger. Although a relatively small group, some consistent trends were discernible in the logged results. One male failed to keep the formal log but fully redeemed himself by writing an unsolicited 3-page report, "FlexxiCore Challenger: Alternative Approach to Traditional Exercise for the Elderly and Recovering Patient", which appeared in Issue 227 of Positive Health. The following statistics therefore cover nine users.

Five participants lost weight (average: 2.07kg); 3 remained stable and one was glad to have slightly gained weight (0.4 kg). There were 5 reports of smaller waists (average reduction: 1.96 cm), 2 remained stable and 2 did not report. There were also 5 reports of reduced hip measurements (average reduction: 2.56 cm), 2 remained stable and again 2 did not report.

Measurements of leg muscles also showed some interesting trends. There were 6 reports of reduced thigh measurements (average reduction: 1.68 cm), while 2 remained stable and 1 increased (by 1.27 cm – "I wish to gain muscle here"). There were 5 reports of reduced calf measurements (average reduction: 1.41 cm), 3 remained stable and 1 increased (by 1 cm – a goal for this lady in her mid-70's ("main hoped for benefit: toning") was a wish to "firm and strengthen leg muscles"). There were 5 reports of reduced ankle measurements (average reduction: 0.73 cm), and 4 remained stable.

Biceps measurements showed rather different results for different individuals: there were 3 reports of reductions (average reduction: 0.7 cm), 2 increased (average increase: 0.88 cm), 3 remained stable and 1 did not report.

With individual starting points and desired outcomes being rather different, it was interesting to see that regular use of the FlexxiCore Challenger generally helped each person to move toward their desired goals. For example, while some were glad to see excess fat around biceps reduce, the two who saw increases were the older woman seeking more muscle strength and a male high-performance sports coach. Different individuals saw a different combination of effects: the adjusted average for the number of areas of improvement was 4.71 out of the 7 possible measured outcomes.

Typical comments reflecting these positive outcomes include these:

- "major benefits in releasing stress tension in the hamstrings; and in match performance and recovery" - Sports Coach
- "energy & breathing, balance and flexibility much improved; a great difference in my dancing ability" – retired Biodynamic Psychotherapist
- "muscles seem stronger and more flexible; back aches, e.g. when gardening, are now very small; not tired at all when playing golf" – retired Chartered Accountant
- "My waist got smaller!" "Recovery period after work or sport seems faster" – Midwife, ski & rock climbing enthusiast
- "Upright walking posture due to inner core tension improvement" "improved leg & hip flexibility and faster recovery after strenuous ski touring and strength training" – Cantienica Bodyform practitioner
- "Improvement in right leg muscle strength evidenced by the feel and function – one of my main hopes and expectations!" "I love the way it works on your balance" – Rhythmical Movement Training Practitioner

This Pilot Study has reinforced the need for more trials and a 2<sup>nd</sup> phase of trials has now started. For further information about the opportunity to trial for 60 days without obligation, call 08456 120129 / FlexxiCore.com.