

LifeWave Strength Test

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Abstract

The LifeWave technology has been reported to be a new supplement and method for the improvement of athletic performance, and more particularly a means by which an individual may increase their net stamina/strength endurance output. To evaluate whether or not these claims were factual a double-blind placebo controlled study was implemented at Morehouse College in Atlanta, GA, with 44 college athletes from the schools football team volunteering to participate in this study. In most evaluations of strength endurance involving competitive athletes it is common and customary to perform both baseline and comparative tests prior to the athlete having performed any other type of physical activity. In this study it was decided by the principal investigators that if the LifeWave technology was valid then there should be a measured improvement in strength endurance after the athlete has been fatigued. To this end, the study was conducted so that both baseline and comparative data were collected after the athletes had been fatigued by a 60 minute heavy weight training workout. In addition, it was also decided to test the athletes while under heavy physical trauma; the athletes performed the workout and tests starting at 4:30am in a weight training room where the temperature was maintained in excess of 95F. The standardized exercise that was chosen for this test was a 185lb or 225lb Bench Press.

Based on the data collected and the results obtained it was demonstrated that the LifeWave technology is a method for the improvement of athletic performance, and more particularly a means by which an individual may increase their net stamina/strength endurance output. The model utilized to evaluate the technology was a double-blind placebo controlled study, with 44 college athletes from the Morehouse College football team volunteering to participate in this study. In most evaluations of strength endurance involving competitive athletes it is common and customary to perform both baseline and comparative tests prior to the athlete having performed any other type of physical activity. In this study it was decided by the principal investigators to collect data after the athletes had been fatigued. An additional study would prove to be of interest as a comparison to this test study to determine what effect the LifeWave technology has on athletes that had not been previously fatigued.

Given the individuals tested and the scientific model used it was demonstrated that the Experiment group using the LifeWave technology showed the highest percentage of improvement in strength endurance when averaging all members, the highest percentage of improvement in strength endurance when averaging only those members who showed an improvement, and the lowest percentage of decreased performance when averaging only those individuals who showed a decline in performance.