Changes in Isometric and Isokinetic Strength, Postural Balance and Endurance after Thai-Bo Training Program

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Abstract

The objective of the present study was to examine the influence of a long term Thai-Bo training program on muscular strength of the knee muscles, postural balance, and cardiovascular parameters. Thirty-five volunteers participated in two groups. Pre- and posttest with measuring of isometric and isokinetic strength of knee extension/flexion as well as postural balance on a force plate were performed before and after a weekly six-months training period. Furthermore cardiovascular parameters were measured during a stepwise increasing cycle ergometry. The results showed a significant increase of isometric strength and isokinetic strength at 600 /s in addition to an improvement in postural balance. Also a significant improvement of cardiovascular parameters in retest could be demonstrated.

Keywords

Thai Bo; TaeBo ®; Thairobiic; BodyCombat; postural balance; isokinetics; strength; endurance.

Full Text:

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