

To Whom it May Concern

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Comments regarding the SNAIX Training System

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The Department for Science of Sports Science and Kinesiology at the University of Salzburg, Austria, has been using the SNAIX Training System for experiments and research studies for over a year now. Several conducted research studies had the following results in short:

1. The SNAIX Training System obviously is suited very well to mobilize and activate the numerous Multifidii muscle systems in the upper part of the body (especially the angular autochthonous belly muscles). This mobilization not only trains the single muscles and primarily improves the intermuscular coordination, which yield improved maximal strength of the muscles that bend and stretch the trunk, but also creates much better overall endurance caused by optimised movement-economy. Within several 6 week medium term training studies we definitely found significant improvements of the maximal strength and endurance of all trunk muscles.
2. The SNAIX Training System also requires high demands from the central nervous movement-coordination-system. According to the theory of a synergetic self organization principle the proprioceptive and kinaesthetic sensor system is activated intensively. This fact increases the quality of complex body movements strongly while it also causes an especially strong mobilization of the contra lateral control pattern (left brain controls the right body part and vice versa).
3. As far as I am informed, the SNAIX Training System is unique. Till today no studies with identical or quite close concepts have been published yet. On the market no comparable systems are offered at all.

Best regards



Univ.-Prof. Dr. Erich Müller