ABSTRACT
PURPOSE: To compare different warm-up modes (Whole Body Vibration (WBV) and jogging) on different durations (3 or 5 minutes) and their effects on a variety of fitness parameters. METHODS: Twenty-two participants; fourteen males (Mean ± SD age = 23.7 ± 3.9 years; height = 173.4 ± 5.5 cm; weight = 89.4 ± 16.59 kg) and eight females (Mean ± SD age = 23.7 ± 3.4 years; height = 160.6 ± 6.5 cm; weight = 78.6 ± 21.3 kg), performed WBV and jogging warm-ups (3 minute or 5 minute) on four separate days. Upon completion of warm-ups, the subjects performed various fitness test including: three different jump tests (counter movement, static, and drop jump), an agility test with in a hexagon, and finally a flexibility test on a sit and reach box. A repeated measures ANOVA was used to determine any notable effects for each warm-up with the level of significance set at 0.05. RESULTS: Results show that WBV produced significantly higher values in flexibility compared to jogging. Jogging produced significantly higher power output values than WBV. 3 minute WBV showed no significance in flexibility compared to 3 minute jog. CONCLUSION: Using the WBV for a 5 minute warm-up will result in more flexibility. The 5 minute jogging warm up produced the highest power output. Jogging for 3 minutes provided equal flexibility values compared to WBV, however higher anaerobic power.