

Study II

“Energy consumption and muscle activity
exercising with innovative fitness equipment ICAROS“

conducted at Technical University of Munich, 2017
Sports Science Faculty

Study II

Question 1:

“How high is the calorie consumption during exercising with ICAROS training?”



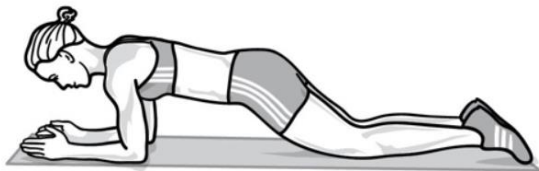
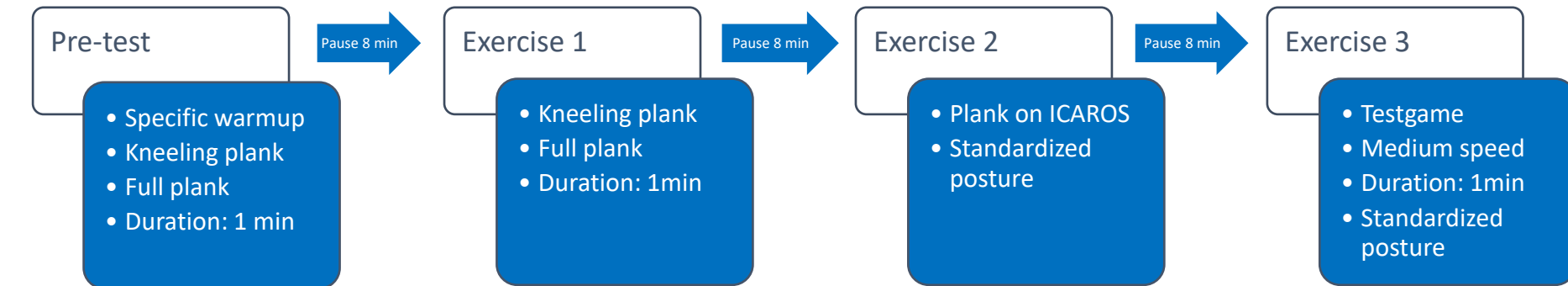
Study II

Question 2:

“How intense is the muscle activation during exercising with ICAROS training equipment?”



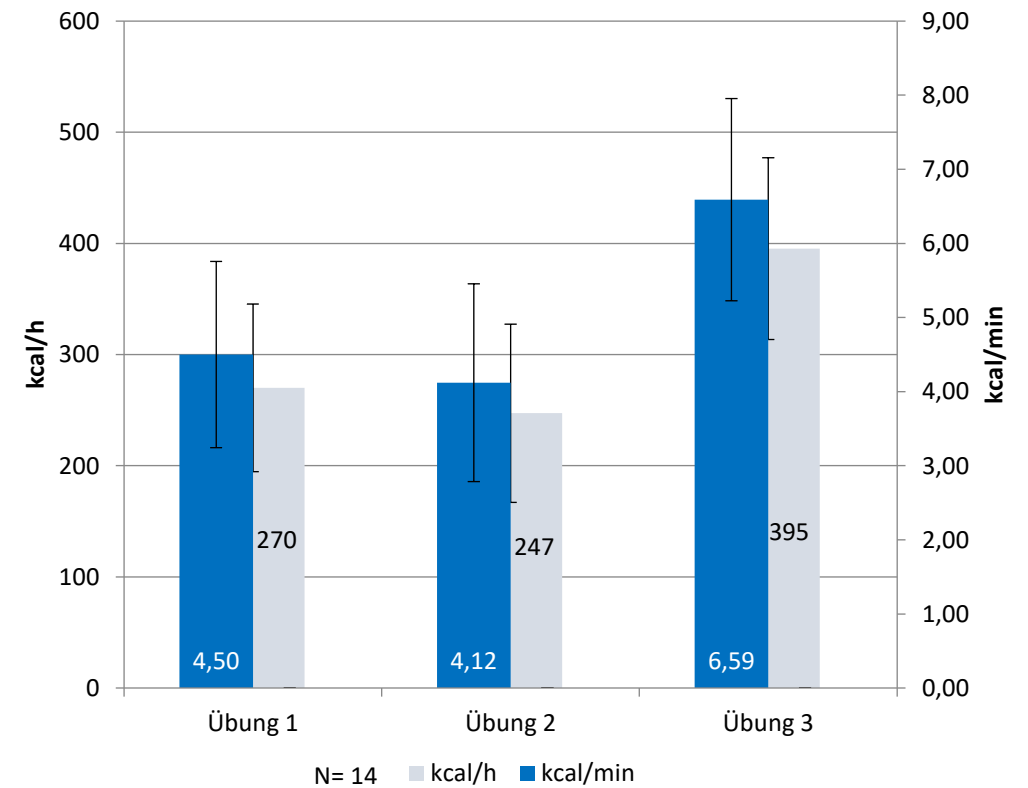
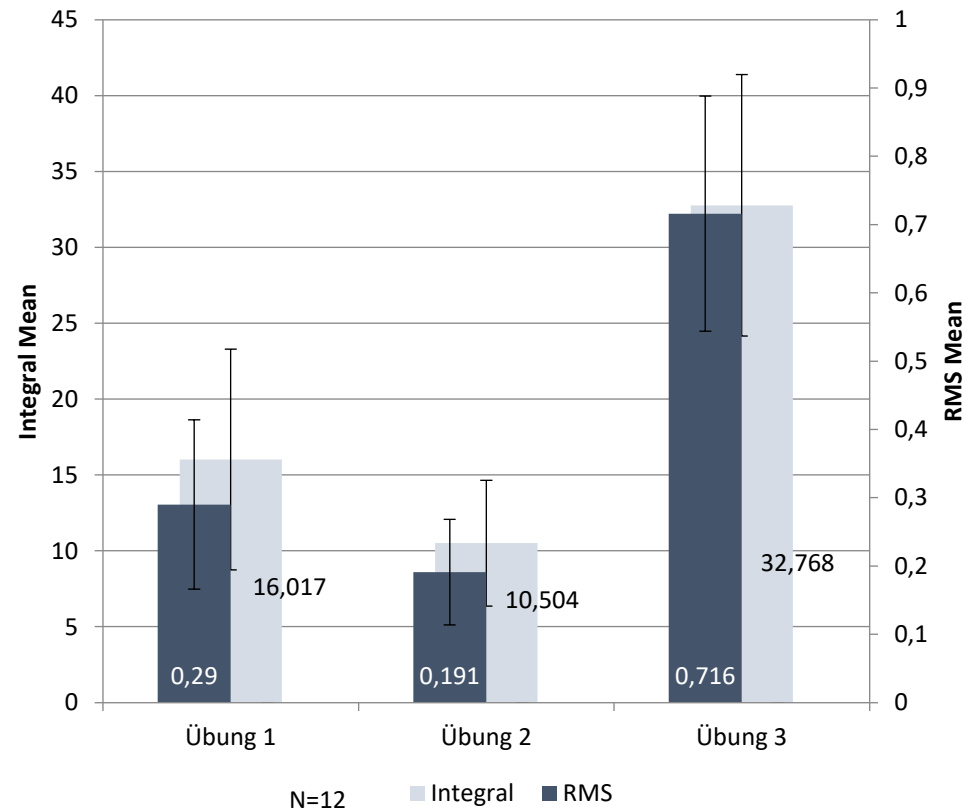
Methodology:



Results

The muscle stimulation **doubled** compared to regular kneeling plank

Calorie consumption **increased by 30%** compared to regular kneeling plank

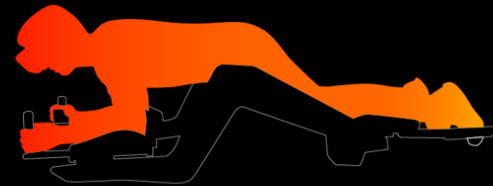
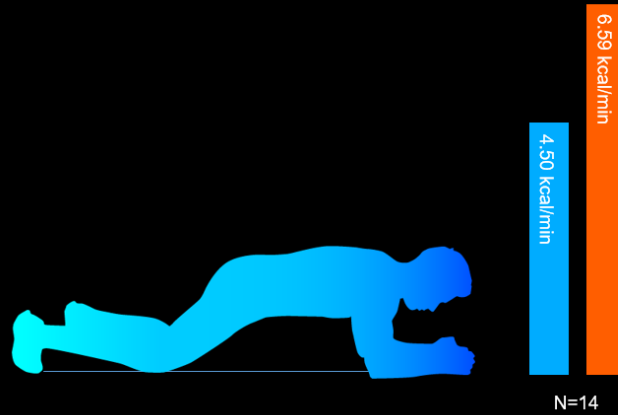


ICAROS Workout Efficacy

Calorie consumption increased by

30%

compared to kneeling plank.



Muscle activation increased by

100%

compared to kneeling plank.

