



Empirical review of the training effects of a standardized training program on the example Mrs.Sporty and Pixformance

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Abstract

Functional training, like digitalization, is a permanent trend in the fitness industry. Mrs. Sporty founder Valerie Bönström took advantage of these two trends and created the Pixformance Smart-Trainer, a digital training device. This paper examines the effects of functional training with Pixformance on anthropometric data and provides a further study on its effectiveness. The aim of the study was to investigate the short-term effects of a standardized, eight-week training with the Smart Trainers in a Mrs. Sporty club. The parameters body weight, body fat content, muscle mass percentage, water percentage, BMI, abdominal and hip circumference as well as arm and leg circumference were determined and evaluated at the beginning and end of the study. The body composition was determined with the help of a bioelectrical impedance analysis. A total of 23 women took part in the study, who were doing the 30-minute training two to three times a week. They trained with 16 exercises from the Pixformance exercise catalogue.

After eight weeks of training, there were improvements in all tested areas. According to this, the test subjects reduced their body weight, body fat content and BMI on average, muscle and fat content as well as their body weight. The new system reduces the size of the abdomen and hips as well as the size of the arms and legs. This study proves that functional training with the Pixformance Smart-Trainer has positive effects on body composition. When considering the results, it must be critically noted that the test subjects had no dietary requirements. In addition, measurement inaccuracies may have occurred due to various influences. Training in a Mrs. Sporty club is particularly suitable for women who have little time to spend on sport in everyday life. By the individual and on their needs tailored training women succeed in accomplishing and effective training in only half an hour.

Would you like to read the entire study?

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