

# Tsunami Bar™ Testimonial & Research Update

(January 2013)

I have been involved in exercise science research for over 30 years, with a particular interest in testing new training systems. In early 2012, I tried the flexible composite Tsunami Bar™ and was intrigued by the way it moved, and knew it was worthy of further investigation. So, I assembled a research team, which included a professor of biomechanics and a professor of mathematics, and we studied and analyzed the Tsunami Bar™. Through the use of a high speed camera system, force plate, and electromyography (EMG) analysis, we gathered data on the static and dynamic characteristics of the bar. We also integrated the EMG data, to develop a mathematical model of the forces generated by the bar during oscillation, and how it correlated to muscle activity.

After a year of focused research, which included a training study, the results are in! We have generated scientific data in controlled experiments that suggest that the Tsunami Bar™, when used by properly coached athletes, can stimulate sport-specific muscles more effectively than a standard barbell (using traditional power training workouts). **With reference to this last point, a five-week training study has demonstrated significantly better improvements in power among the athletes tested. The results of these studies will be presented in three scientific papers at the 2013 American College of Sports Medicine National meeting in Indianapolis in May 2013.**

I said in early 2012, “The Tsunami Bar™ is like no other training system I have ever tested.” And today I reaffirm that statement. The user can control the timing of each repetition so that the bar generates unique training stimuli to targeted muscle groups and mirrors real life sport performance. In addition, the “live weight” nature of the bar during oscillation has the potential to simultaneously train speed, balance and agility, and allow coaches and practitioners to adjust the exercises to fit the needs of a wide variety of athletes. I am convinced that the Tsunami Bar™ will be in every training facility across the country, as common as medicine balls and kettle bells, and that it will be considered a valuable tool for training athletes.

Training properly with the Tsunami Bar™ is important to obtain the best results. Strength & Conditioning clinics focusing on the ‘best practices’ when training with the Tsunami Bar™ are in the planning stages now.

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