

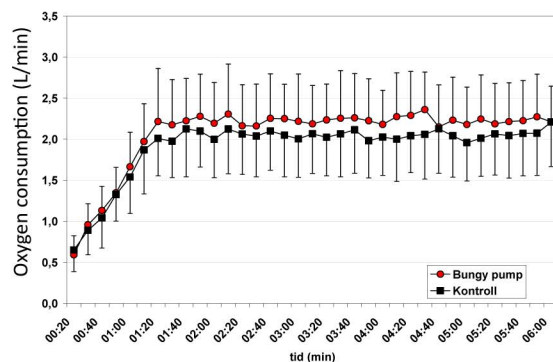
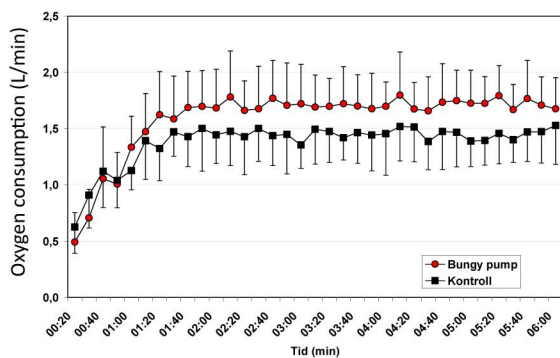
Test Report from Mid Sweden University

Project: Validation of BungyPump training poles

Test leaders: Hampus Lindblom, Marko Laaksonen

In this project, poles known as BungyPumps were compared with similar poles without special suspension, when walking on a treadmill. In all, 11 people took part in the project and all of them were required to walk with BungyPumps and traditional walking poles, on a flat and sloping treadmill, in randomized order, for a total of 6 minutes. During the test, oxygen consumption was measured (energy consumption) and it was noted how much Strain in legs, arms and breathing was experienced.

Result: Walking with BungyPump training poles resulted in 18% higher oxygen consumption on a flat surface (see image to the left) and 95 higher oxygen consumption on a sloping surface (see image to the right). This is approximately equal to an 80 kcal and 60 kcal higher consumption respectively, compared with traditional walking poles, if the period of exercise is 60 minutes in total.



In addition, the test persons experienced less effort in both arms and breathing for both a flat and a sloping surface (see table below). However, there was no difference in effort in the legs.

	Arms		Legs		Breathing	
	BungyPump	Control	BungyPump	Control	BungyPump	Control
<i>Flat</i>	11	14	10	10	12	13
<i>Sloping</i>	11	14	10	10	11	12

Conclusion: When pole walking, BungyPump training poles achieve higher energy consumption than traditional walking poles without suspension. In addition, BungyPumps can feel less strenuous for the arms when pole walking. These aspects can be an advantage if, for example, you want to increase your energy consumption (e.g. when trying to lose weight).

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