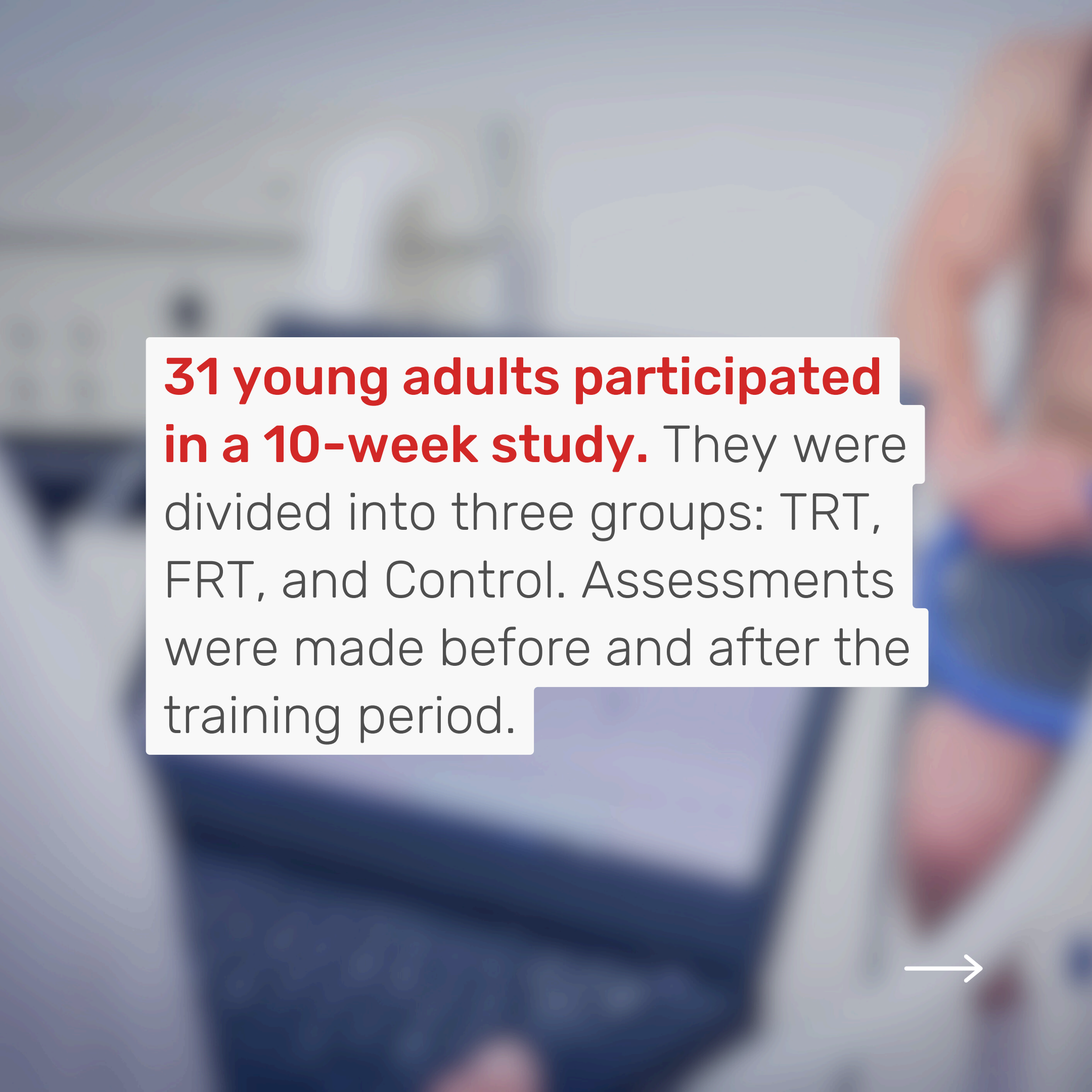
The Effects of **Flywheel Training** on **Heart Health**

Banks et al. (2024)

The 2024 study by Banks et al. compared cardiovascular effects of traditional resistance training (TRT) vs. flywheel resistance training (FRT) using the Exerfly Platform.

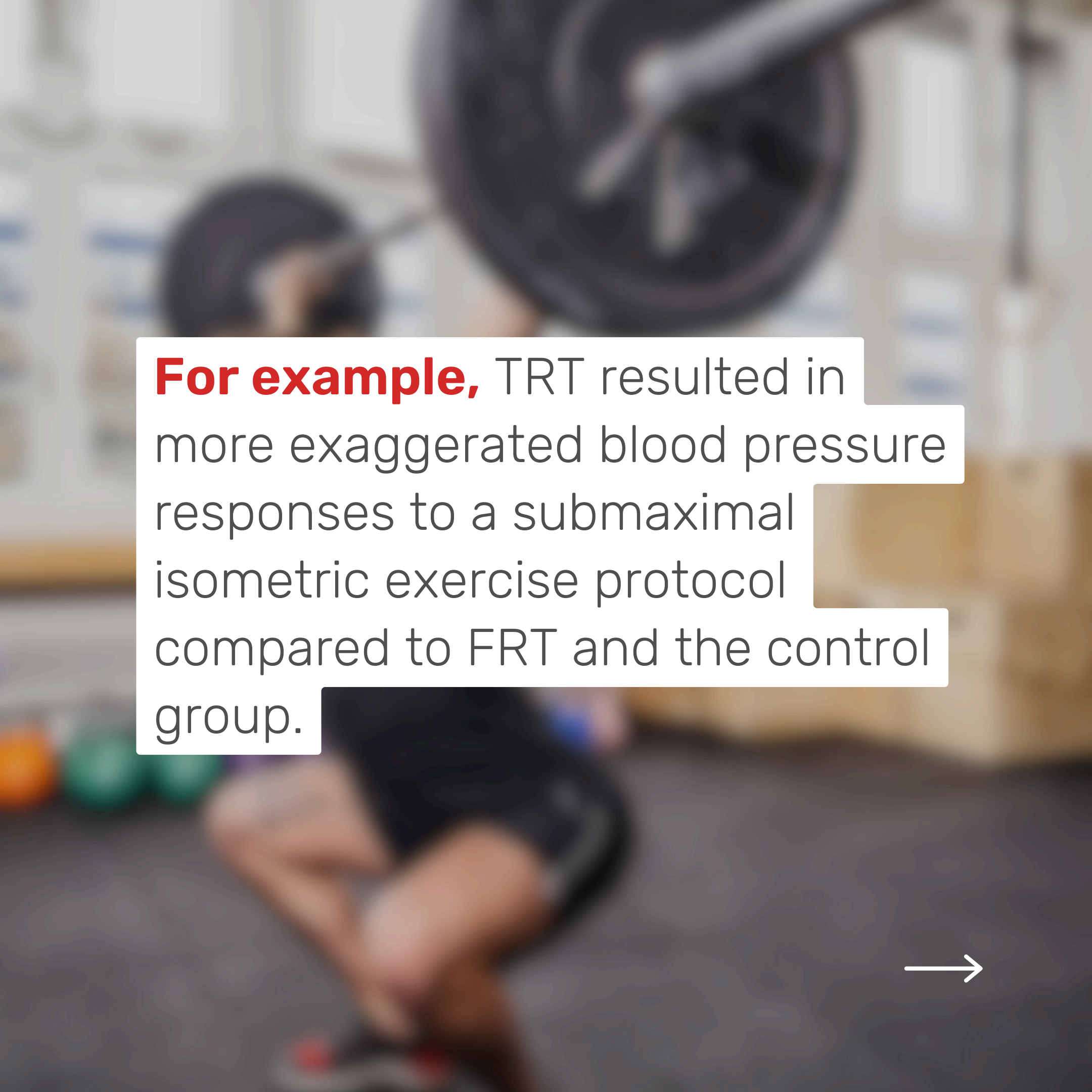


31 young adults participated in a 10-week study. They were divided into three groups: TRT, FRT, and Control. Assessments were made before and after the training period.

Both training groups improved isometric leg extension strength compared to baseline and relative to the control group (TRT: +11.4%; FRT: +9.4%), without a statistically significant difference between the two methods.

However, there were **significant differences** in the cardiovascular adaptations...

The TRT group had several significant changes which were indicative of negative adaptations to the cardiovascular system, which were **not observed when using the FRT instead.**



For example, TRT resulted in more exaggerated blood pressure responses to a submaximal isometric exercise protocol compared to FRT and the control group.

This change is often associated with **increased risk of cardiovascular issues** in otherwise healthy individuals.

This was accompanied by **negative changes** in cardiovagal reflex sensitivity and heart rate variability in the TRT group, which was suggestive of altered autonomic nervous system responses.

FRT had similar benefits in isometric strength as TRT, but **without the same negative changes in certain measures** of blood pressure reactivity and autonomic function.

More research is needed to determine the hemodynamic effects of FRT compared to other resistance training methods.

However, these results provide additional evidence that FRT can be a **safe and effective training method for a wide range of individuals**