

Expert Report:	Dr. Florian Wenk, M.D.
Translated by:	Dr. Patrick Seifried Managing Director, Founder Business Unit TranslationArtwork.com ModusNext.ch GmbH
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Expertise XCO-Trainer Walking & Running _ Triathlon

Comprehensive athletic training is necessary for nearly every kind of endurance sport. Especially the triathlete requires regular athletic training as a foundation for excelling in all three events of swimming, cycling and running, as it mitigates the musculoskeletal and locomotive systems' risk of overexertion.

Considering the high numbers of top-ranked triathletes or top competitors in any given sport and the wide breadth of training demands, a cross-training program of optimal efficiency is called for. In addition to the classical forms of broad athletic training, it is advantageous to have a training tool which can be brought along as an additional stimulus during the normal training routine.

The XCO-Trainer Walking & Running is a highly efficient cross-training method for triathletes. Utilization of the XCO-Trainer is targeted both towards prevention and rehabilitation of deficiencies in the musculoskeletal- and locomotive systems and should therefore only be used after consultation and under the supervision of a physician trained in sports medicine.

In addition to its uses in stationary strength training and stabilization floor exercises, the XCO-Trainer Walking & Running can also be used in running exercises in different ways based on the sports-specific demands of the training activity. This can be done at all levels of training intensity, be it during extensive long distance running or in a series of intensive sprints on a track. The attendant effects on the musculature are specific to the degree of training intensity depending on the form the training takes.

On the one hand, the muscles of the torso and extremities developed in this manner are guarantors of optimal muscular performance, to be called upon during the demands of the sports-specific activity; on the other, they aid in the prevention of injuries due to overtraining.

Considering the lasting stressful competitive conditions which demand exacting body positions and complex motion sequences under maximal strain, one cannot overestimate the value of a well-trained musculoskeletal- and locomotive system, which through its built-in reserves affords us a safety factor that provides active protection against injuries.

The oscillating mass and the resulting "reactive impact" of the XCO-Trainer activates agonist and antagonist muscle groups in equal measure. This leads to

a comprehensive strengthening of the muscles of the musculoskeletal- and locomotive-systems and also forms the basis for improved coordination, since the XCO-Trainer automatically integrates opposing muscles. Additionally, through the training of the combined muscle groups and through the activation of the peripheral components of the musculature, the organism's oxygen intake is augmented. These additional muscle systems do not only serve as stabilizing factors, they also provide an effective buffer for the lactates produced in endurance training and -competition.

In addition to the physiological benefits of cross-training, psychological benefits must be considered as well. Only if an athlete is enthused with his training will he pursue it regularly and actualize it. With the XCO Trainer and its many possible variations, there are no limits to which trainers and endurance athletes can effectively and comprehensively train for functional stability.

As a matter of principle, the use of any training tool should be practiced only after consultation with a physician trained in the field of endurance sports. Only then can the individual attendant risk of the training method be properly assessed. Even if acute injuries due to the proper use of a training tool are relatively unlikely, one must still pay attention to the body's reaction to adapting to the tool. Therefore the effects of the XCO-Trainer Walking & Running should be properly monitored, so that temporary overextension of individual muscle groups are recognized and treated early on.

Dr. Florian Wenk, M.D., studied human medicine in Wuerzburg, Germany and earned his doctorate degree "magna cum laude" in 2005 from the Institute of Prof. Dr. F. W. Schard in the field of endurance performance diagnostics. He then received practical training in the fields of Sports Orthopedics and Sports Medicine at the Swiss Olympic Medical Center of the Schulthess Clinic in Zurich, followed by internships in orthopedics/ trauma surgery as well as chiropractic. Dr. Wenk's main professional interest focuses on the locomotive system and its functional disorders. He is an active triathlete in the WMF-BKK team at AST Suessen (Premier German Division).

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Dr. Florian Wenk, M.D.

<http://dr.florianwenk.com>