Cardiorespiratory Responses and Gender Differences Between Exercising on the Simply Fit Board and the Ab Rocket Twister

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Cardiorespiratory Responses and Gender Differences Between Exercising on the Simply Fit Board and the Ab Rocket Twister

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Abstract

One of the biggest problems in fitness is finding a workout method that is effective yet enjoyable.

PURPOSE: The purpose of this study is to compare the Simply Fit Board and Ab Rocket Twister across genders and ultimately to determine which product is more enjoyable.

METHODS: Heart rate, Rate of Perceived Exertion, ventilation, oxygen consumption, and total kilocalories were all measured on 21 males and 20 females while using the Simply Fit Board and Ab Rocket Twister for 10 minutes at 75% of their age predicted maximal heart rates. At post-testing, each subject completed the Perception of Exercise Experience questionnaire. A repeated measures ANOVA in IMB SPSS was used to analyze the cardiorespiratory responses and their differences across gender.

RESULTS: Between the two products there was a significant difference (p < 0.05) between all of the test variables except VO2 and total kilocalories. The results across gender also showed that there were significant differences in VO2 and total kilocalories. The post-test questionnaire showed that the Simply Fit Board was more enjoyable than the Ab Rocket Twister.

CONCLUSION: The data collected displayed that the subjects preferred the Simply Fit Board over the Ab Rocket Twister; however, both products burned the same amount of calories.