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*Randomized Controlled Trial*

**Stochastic resonance whole body vibration increases perceived muscle relaxation but not cardiovascular activation: A randomized controlled trial**

**Achim Elfering, Christian Burger, Volker Schade, Lorenz Radlinger,**

#### Abstract

AIM: The aim of this randomized controlled trial was to investigate the acute effects of stochastic resonance whole body vibration (SR-WBV), including muscle relaxation and

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