

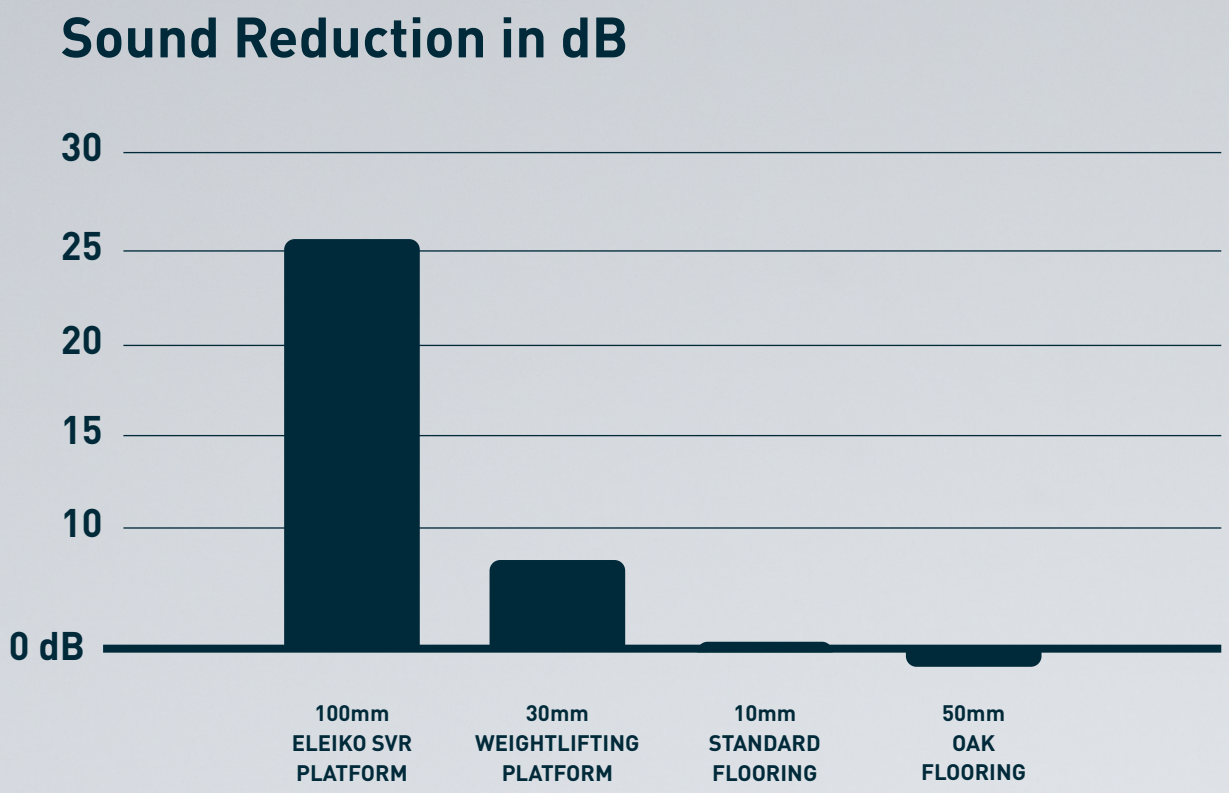
SVR Platform

Sound Reduction Platform

The increased demand for strength and performance training is undeniable, but weightlifting can pose challenges as it can be disruptive and send loud sound and vibrations throughout a facility. We tackled this problem head on and developed the SVR Platform, a unique weightlifting platform that significantly reduces sound and vibration while also minimizing barbell bounce.

The SVR’s performance was verified with a scientific study conducted by an acoustical laboratory performing drop tests and recording the results with state-of-the-art sound equipment.

The study compared the sound levels generated by dropping 30kg from 1-meter height onto different surfaces, including 8mm tile, 30mm tile, weightlifting platform, and SVR platform. The 8mm tile was used as a baseline for comparison.



SVR Platform 55% Sound Reduction

The study found that the SVR platform produced the lowest sound levels, reducing noise by an average of 25.7dB compared to the baseline. The 30mm tile, commonly used in gyms and weightlifting platforms, reduced noise by an average of 6.9 dB. A 10 dB reduction is a significant difference in perceived loudness – half as quiet or twice as loud. This means that the SVR platform can make the sound of dropped weights up to 2.7 times quieter than the 8mm tile and up to 1.8 times quieter than the 30mm tile.

Hear the difference at <https://youtu.be/36tfFXXhs3c>

Sound Reduction

18,8 dB Compared to 30mm flooring

