



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE TIP

You may want to mix your training up this year and have a change to your regular classes. Spinning is good but why not try something totally unique?

Don't miss David's tips every Saturday in your Journal

**H**OLLYWOOD'S new latest workout craze is finally here in the North East!

A-list celebrities such as Jennifer Aniston, Lady Gaga and Justin Timberlake swear by the Versaclimber machine and I started classes at DF Fitness last week.

#### What are Versaclimbers?

The Versaclimber is a cardio machine that mimics the natural motion of climbing. It is a 75-degree vertical rail with pedals and handles. You stand upright and hold onto the handles, while pushing the pedals with your feet. The machine only moves as fast as you do, so you set your own pace.

There are a number of variables that can be tweaked including handle height, stroke length and resistance.

#### The huge benefits

■ **Calorie Burn:** Research shows it supercharges your metabolism

and torches three times as many calories than any other piece of cardio gym equipment. The machine forces you to use both your lower and upper muscle groups, therefore depending on how you train you can burn anywhere between 400-800 calories in just a 30 minute workout, this is huge.

■ **Non-Weight Bearing:** If you have knee, hip or back issues the non-weight bearing, joint friendly Versaclimbers are perfect for you.

Andy Murray's road to recovery after his career threatening hip injury was hugely accelerated by his Versaclimber fitness programme. As you are upright the movement also strengthens your back, bum, legs, shoulders, calves and core.

In other words its a full body workout.

#### Who can use the Versaclimber?

Absolutely everyone can use

the Versaclimber from top international athletes to those just entering into a fitness regime. Anyone can also join our classes as they are designed suit all fitness levels because you work at your own pace.

#### Weight Loss

If you are looking to lose weight, the calorie burn of a 30 minute class can't be ignored. It is so high because you're pushing and pulling - and you're driving your hands above your head, therefore jumping your heart rate. It works brilliantly for weight loss and will dramatically improve your fitness level.

If you are in the gym and see a Versaclimber, don't be scared give it a go, start slowly then build your range of movement and speed as you progress.

Of course if you are looking for motivation and want to try something unique to anywhere north of London, come and try our 30 minute classes. In week one we started with one class and due to the demand we jumped to five classes in week two.



*The secret of your future is hidden in your daily routine*

**Motivational quote of the day**