

By **Kevin Kearns, BS, NSCA, CPT** | Photos courtesy of VersaClimber

Championship Cardio

VersaClimber Will Build Cardio that Will Take You Into Round 5 ... and Beyond

It's obvious Ben Franklin never stepped foot into a cage.

After all, the dude said the only things certain in life are death and taxes ... but we all know that when a fighter runs out of gas in a fight, he's done. Add it to your list, Ben.

When a fighter does gas, it is usually because of improper conditioning. With so much cardio equipment out there, what is the solution? VersaClimber.

Why? The form fits the function. It will build cardio that lets you go all day long ... and then some. Plus, you would need a grenade to break the thing. Seriously!

I have had mine for more than 14 years now, and I only had to replace the foot straps (25 bucks) twice. That's it. And don't forget. We at Burn With Kearns do not endorse any product at all unless we use and like it period! Enough BS.

The Writer: Kevin Kearns, who is also known as "Coach K" and "Dr. Evil," has worked with more than 15 UFC, WEC and Strikeforce fighters the past seven years.

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TERMS, DEFINITIONS, FACTS

• **Cardio** is any activity that raises your heart rate from a resting level to a working level (above 50 percent of your max heart rate).

• **Aerobic** means your body can keep up with the heart's demands (your large muscles can keep working without the burning lactic acid build up for 20 minutes or more). This means your heart rate is somewhere in the range of 50 to 85 percent of your max heart rate.

• Once you exceed the 85 percent rate, you start going into anaerobic range. This means your heart cannot keep up with

the body's demands. This is explosive and short work.

• **MMA** is an all-out sprint!

• **Interval training** is high intensity work (up 85 percent max heart rate) with periods of low intensity work (75 percent and below) for recovery. This is the very essence of most sports, especially MMA.

• Due to interval training, you will build up a tolerance to the burning feeling in your lungs and your body, and that means you can manage the lactic acid better and recovery quicker.

Calculate Your Maximum Heart Rate

MHR = 220 - Age

TRAINING SECTION



★ THE ROUTINE ★	MONDAY DURATION: 20 min ★ ROUTINE ★ • Begin with a 5-minute warm-up • Each round is 1 minute hard and 2 minutes of low intensity • Go for four rounds • Cool down for 3 minutes	WEDNESDAY DURATION: 35 min ★ ROUTINE ★ • 5-minute warm-up • Intervals: 30 seconds hard, 15 seconds of recovery • Do 10 sets	FRIDAY DURATION: 10 min ★ ROUTINE ★ • Warm up • Each round is 3 minutes of high intensity, 1 minute of recovery • Do five rounds	SATURDAY DURATION: 45 to 60 min ★ ROUTINE ★ • Do 75 percent of your max heart rate for a recovery workout and build up the aerobic base
	MMA			