



**No Pain ..... no, really.**

Mother of two Sabrina is 30 and suffers from Multiple Sclerosis. She was in a wheelchair last Christmas but is now jogging and cycling after discovering a revolutionary new exercise technique.

Sabrina's life has changed. Two years ago this attractive young mother was diagnosed with remitting-relapsing Multiple Sclerosis. This followed a long period of painful and debilitating symptoms. Sabrina has been hospitalised twice and has been weak to the point of being unable to walk.

**“My legs were very weak, when I sat down I couldn't lift them off the floor”**

Following her Neurologist's advice Sabrina attended physiotherapy for four months. Sadly this was

of no benefit and Sabrina's symptoms remained acute. Sabrina also tried exercising at a gym and of course took a range of prescribed medication. To feel fatigued to such an extent, especially with a young family to look after is a huge mental as well as physical strain and Sabrina, understandably, began to become depressed.

Things dramatically improved for Sabrina when she tried Static Contraction Training (SCT) also known as Explosive Fitness Training. A relatively new technique here, SCT is well-known and increasingly popular in the States. The man offering SCT is Brian Redman a martial arts instructor and examiner based in Storrington. Brian was teaching martial arts to Sabrina's two children and when he heard about their mum's condition Brian was convinced that SCT would help.

To fully understand the theory requires a certain amount of anatomical knowledge, however, the basic idea is to build and strengthen the muscles by putting them under maximum pressure for a very short period. Unlike using resistance equipment at a gym there is no weight involved and the equipment (called an XF machine) does not move during the exercises. The best news is that **each exercise takes only 40 seconds to complete and with 5 exercises the entire session takes just five minutes**. Brian is the UK reseller of the XF machines and his SCT studio is based at his home in Storrington.

SCT is safe for everyone, no components of the equipment can hurt you as there is no weight involved and the positions used to perform each exercise are specifically designed for each individual to ensure correct technique. The equipment looks like a simple multi-gym without the stack of weights. The clever part is the in-built sensors that record the amount of force (measured in lbs) the exerciser is generating with each exercise. This is logged in a computer programme to monitor results and improvements.

Sabrina has had eight sessions since starting SCT in May of this year and her progress has been phenomenal. Initially she could reach just 222lbs on the leg press exercise (uses the main thigh muscles) she is now achieving an impressive 847lbs. Similarly with the deadlift (pictured top right) Sabrina has gone from just 48lbs to 291lbs, a massive 606% increase. Sabrina now feels more confident

**“I couldn't believe the difference... I can even jog and cycle a short distance”**

about the future and recommends SCT to anyone in the same position as her. Brian believes the technique could be equally beneficial to many others with similar symptoms and/or muscle wasting conditions and would be happy to discuss individual cases. Brian can be contacted on **01903 743334 or 07711 987672**. Brian's core business is teaching Karate,



Kickboxing and Self-defence to adults and children. His classes help promote confidence, mental awareness, fitness, self-discipline and balance and are held in the Storrington/Ashington area and also Southwater and Broadbridge Heath. Full details and further information can be seen on his website [www.kenagi.co.uk](http://www.kenagi.co.uk)

