

I have been practising martial arts since I was 8 years old. I trained 7 hours a week. September 2005 was when I started having problems with my knees. I was getting constant pain and discomfort whenever I worked out. Any activity or sport I did which involved high impact movement, running or twisting resulted in me having to rest or even stop.

The pain was getting worse, so I saw my doctor who recommended I went to the hospital physio for treatment. The physio told me that the muscles surrounding my knee were very weak even though I had been doing lots of exercise.

I was given strengthening exercises to do at home and still was attending the hospital once a week. Unfortunately, the same problems were occurring even though I stuck to the exercise program.

In total I only trained a handful of times during the six months of treatment.

In May 2006 I was introduced to Explosive Fitness by Brian Redman my karate instructor.

He explained to me that this was a new concept of strengthening and muscle building, in a far quicker and easier way than any other.

The exercise program is designed to work every muscle effectively.

It only took 3 weeks of explosive fitness training before I noticed a big difference with my knees. The pain had almost gone and I was already noticing I was much stronger. A year on from when my problems began I am now completely pain free and back to full time training.

Having had these problems and finding Explosive Fitness helps as it has done for me. I would recommend to anyone who wants to achieve a stronger body quickly, and in a safe and effective way to try this system.

Gary Williams, aged 19

To find out more about EXPLOSIVE FITNESS contact

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