



BRITISH JUDO CHAMPION SPONSORED BY KEISER UK

British Judo Champion and Olympic hopeful, Andy Burns is being sponsored by Keiser UK. The contribution by Keiser UK enables Andy to fund his training at Bath University, where he has been coached since 2004.

A graduate from the University, Andy's intense 6 day a week training schedule includes 3 to 4 sessions per day each of around 1¹/₂ hours. The sessions focus on everything from technique to sparring, as well as resistance and CV training in the gym.

Commenting on the sponsorship, Andy Burns said, "I have used Keiser equipment in the gym at Bath University throughout my time here, so when I was introduced to the company by the British Athletes' Commission as a potential sponsor, it was a great fit. I use the Keiser M3 Bike and their Functional Trainer within my training programme. Keiser's Functional Trainer allows me to replicate specific movements that I use in competitions and then develop them and increase power. The Functional Trainer also allows my coach to precisely measure my progress in terms of power output."

Andy recently added to his extensive list of titles by winning the European Cup in Malaga. Currently ranked 7th in Europe, Andy has also previously held both the British and Commonwealth Championships, as well as achieving a bronze medal in the Under 23 European Championship in 2008. His training is now focused on the London Olympics in 2012. Selection for the London 2012 Judo Team will be in May after the European Championships.

For further information about Keiser UK call 0845 612 1102 or visit www.keiseruk.com