

Vertical Training— The Key to Energy System Development (ESD) In a Safe And Controlled Environment.

by John Weatherly

Athletes get plenty of joint stress from lifting, running, jumping and sprinting without adding more stress during specific key Energy System Development (ESD) sessions. Athletes today perform exercises for strength, power, speed, agility, and to condition the appropriate energy system(s) for their sport. This can result in cumulative micro trauma from impact forces on knees, hips, ankles and lower back. This is especially significant in the ESD training with the larger athletes of 250-350lbs, that may ultimately lead to overuse injuries.

valuable. The VersaClimber allows for total body training and the highest metabolic expenditures per unit of time compared to other equipment, making the VersaClimber a very effective and efficient device. The wide range of crossover from our high intensity alactate sprints, all the way through the continuum to training for aerobic power and capacity, is unmatched. The VersaClimber, with its unique combination of degree of difficulty, ease of adjustment, and durability, has won the right to be the cornerstone for our famous lactate power and capacity circuits. Our philosophy is always

hydraulic resistance for 15 seconds, then for 45 seconds perform a jogging in place type of recovery. A conditioning coach has the athlete in a safe and controlled environment. The Versa-Climber has no top end allowing endless maximal efforts, unlike many bikes, steppers, ellipticals and treadmills.

ESD with VersaClimber

- Safe and controlled environment
- 100% non impact
- No top end
- Progressive range of motion
- Optional non, partial, full wt. bearing

The progressive range of motion and



Active / Rest Ratio 1:3
(:45 seconds at a slow pace, step height of 4 - 7 inches)

The Versa Climber is the perfect total body non-impact tool to use for specific and very demanding Energy System Development. Just ask one of the world's foremost performance enhancement specialists. Mark Verstegen is Director of Athletes' Performance in Tempe, AZ and Carson, CA, as well



Work Ratio 1:3
(:15 seconds at a sprint, step height of 12 - 18 inches)

quality over quantity in both training and investment. Versa Climbers have filled this role admirably over the years. This is a piece of equipment that withstands the most intense abuse and asks for more!"



Active / Rest Ratio 1:3
(Resume slow pace for :45 seconds, step height of 4 - 7 inches)

intensity of the Versa Climber allows amazing versatility ranging from closed chain rehabilitation, through reconditioning, and on to very specific and demanding Energy System Development. Keep athletes away from cumulative micro-trauma and overuse injuries by making the VersaClimber

as, Director of the Performance Institute for the NFL Players' Association. He is also a former Founder and Director of the International Performance Institute in Bradenton, FL. Mark has worked with a wide variety of world-class athletes for many years. Here's what Mark says about the VersaClimber:

"The athlete's time and energy is very

Sport specific interval conditioning is achieved by designing and implementing programs of varying duration and intensity with work/ rest ratios or heart rate ranges, for total body Sprint and Power ESD on the VersaClimber.

As an example shown above, for basketball, work/rest ratios of 1:3 can be performed by sprinting with arms and legs against gravity and a variable

a key component for their Energy System Development.

John Weatherly holds degrees in exercise science, assisted with conditioning programs for professional baseball, basketball players and the Olympic Training Center.

For more information call 1.800.237.2271 or visit versaclimber.com