

Burn Machine Speed Bag Knocks 'em Out at Shriners Wheelchair Bodybuilding Camp



WCBB promoter Nick Scott introduces the Burn Machine Asymmetrical Barbell System to participants of the Shriners Wheelchair Bodybuilding Camp. (PRNewsFoto/Burn Machine)

REDFORD, MI UNITED STATES

REDFORD, Mich., Dec. 3 /PRNewswire/ -- Representatives from the fitness company Burn Machine (www.TheBurnMachine.com) paid a visit to the Shriners Hospitals for Children in Chicago last month to contribute to an extraordinary, albeit unique, cause; The Burn Machine donated more than \$1500 worth of wheelchair-friendly exercise equipment to the first ever Shriners Wheelchair Bodybuilding Camp.

(Photo: <http://www.newscom.com/cgi-bin/prnh/20081203/CLW007>)

"We knew the equipment had tremendous potential in the field of physical therapy and fitness for people with disabilities," says Dan Prevost, Fitness Director for Burn Machine. "But watching the guys in the bodybuilding camp really took the possibilities to a whole new level."

Led by Nick Scott, a former Shriners patient and a wheelchair bodybuilding (WCBB) promoter and competitor, the camp was the first ever of its kind. Teens from around the country spent one week learning about fitness techniques for strength training and proper performance nutrition. They were also introduced to exercise routines using Burn Machine equipment. Of all the models used, the Burn Machine's Speed Bag, a hand-held strength training and cardio machine that emulates the movements of a boxer, received the most attention.

"Some of the challenges people with disabilities face when they try to take on new activities to promote their physical fitness is that sometimes they don't want to go to their local gym," says Sarah Klaas, Director of Spinal Cord Injury Services at Shriners Hospitals for Children-Chicago. "They're afraid the building isn't accessible or they're nervous about working out in front of other people because they feel like they don't quite know what to do."

Burn Machine sought out an alliance with Scott earlier this year in an effort to bring attention to a demographic of the fitness industry whose special needs are largely overlooked: wheelchair users. Some of the Burn Machine exercise routines developed by Scott were debuted at the camp; Scott has also created other wheelchair friendly bodybuilding routines incorporating Burn Machine equipment, which can be viewed for free on You Tube.

"If you can just get in shape the benefits are amazing," Scott tells the teens from the Shriners WCBB camp. "It builds your confidence and you really feel like there's a part of you that's been gained back mentally."

To view footage from the Shriners Wheelchair Bodybuilding Camp, visit:

<http://www.youtube.com/watch?v=AbML1MC1MJU>

or

<http://www.youtube.com/watch?v=-HpBvO3INRE>

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