

Developing Physical & Mental Strength at Silicon Valley Judo

In this second issue of X^v we decided to explore how Viper is used in physical development programs. [Silicon Valley Judo \(in San Jose, California\)](#), specializes in teaching judo and providing physical development programs for a wide range of clients, from kids as young as four to active adults interested in fitness and martial arts.



The owner of Silicon Valley Judo, Lorne Mayeda, decided to get the Viper for his dojo after seeing it exhibited at a judo tournament in 2006. "What convinced me that this would be a great addition to our dojo was the way the kids responded to it," he says. "They kept coming back to take turns on the machine, competing with one another and cheering each other on. To them, it wasn't even an exercise; it was a fun toy."

Since then, Viper has become a regular part of physical fitness programs. For kids' classes, Viper is integrated into the physical development program. "We have a ceiling rope, but many of our youngsters can't climb it. So Viper helps them develop grip and upper-body strength and serves as a confidence-building exercise," explains Lorne. "The kids really like using the machine; they usually gather around it and cheer each other on."

For older students, Viper is used as part of a circuit-training program to help them build upper-body strength (critical to success in judo) and stronger grips. Depending on the workout, Viper is used for either a high-rep, low-resistance cardio exercise or a low-rep, high-resistance strength exercise. "Anybody can get a really great workout with the Viper, regardless of age or physical condition. And that's what makes it unique and so enjoyable for our members," says Lorne. "Occasionally, some guys who can't stay the entire practice, just swing by the dojo for a quick 10-minute Viper workout."

In addition to traditional, pulling-down exercises, Lorne has found other ways to use the machine: "We found that pulling the rope up instead of pulling down, really works your shoulders, so we added that exercise to our workouts."

Viper also serves as a unique tool for attracting new members. "It's a conversation piece with new prospects," says Lorne. "It's in a highly visible location in the dojo and it's something you can't miss. So, when people come in, they are quite intrigued by it and it definitely serves as a marketing tool to help us grow our membership."

Finally, since Silicon Valley Judo has had the machine for about a year and a half, it's only fair to ask "How has the machine performed?" "No complaints," replies Lorne. "It's a sturdy, reliable piece. We haven't had any problems with it whatsoever."



Adapting Viper to all ages

We asked Lorne to give us a quick overview of how he uses Viper for his kids and adult-oriented fitness programs. You can find his complete reply on the last page. Below, is a quick summary.

Kids (ages 6 to 12) - low-resistance, high-rep

Weight Compensation	Set Duration	Num. of Sets
75 -85% of user weight	30 seconds	3 sets

Adults - high-resistance, low-rep (part of 5-station circuit)

Weight Compensation	Set Duration	Num. of Sets
50-65% of user weight	30 seconds	3 sets

Adults - high-resistance, low-rep (part of 5-station circuit) - reverse pull

Weight Compensation	Set Duration	Num. of Sets
50-65% of user weight	30 seconds	3 sets

Adults - low-resistance, high-rep

Weight Compensation	Set Duration	Num. of Sets
75 -85% of user weight	60 seconds	3 sets

**Want to share your story?**

If you are interested in sharing your experience with Viper, let us know. We would love to hear your success stories and share them with others in our growing Viper community. Write us at getfit@marpokinetics.com.

Silicon Valley Judo Club - Exercise Routines

We asked Lorne Mayeda, owner of Silicon Valley Judo Club (in San Jose, CA) and a judo instructor, to tell us more about the various physical development routines for which the Viper is being used.

Lorne:

For the kids (Ages 6 to 12) we only stick to high rep with low resistance. And we usually do three sets and make it a timed event so that the other kids aren't waiting long for their turn, but also so that if one kid is struggling more than the others, it's less noticeable and less damaging to their confidence. We usually have them go for 30 second intervals. This usually has them struggling the last 10 seconds. And that's where the team support and cheering really kicks in. For the younger kids I usually set the weight stack to about 75 to 85% of their body weight. But unnoticed to the kids usually, my hand is on the weight stack and I'm able to help them get the seat into lift-off by just a little finger pressure. This really boosts their confidence and pretty soon they don't need help anymore.

For the adults, we usually use the viper as one of our stations in a 5 station circuit. It's great because most of the other stations usually end up being more concentrated on the legs and abs, but the Viper really works their upper body. Usually the circuits are made for bursts of power and are quick, so we'll have shorter interval times of 30 seconds. We may have them pull down on the rope in the traditional way, or we may have them pull up and lift the rope for more shoulder workout. The Viper works them hard and they are usually spent after the Viper station. Another great thing about the Viper is that it works so well in a circuit drill. We only give the guys 15 seconds to get to the next station and even though guys are of varying sizes, strengths and conditions, they are able to quickly set the stack and sit down in time for the start bell.

For other adults that are just starting to work out for the first time in years, we stick to high-rep with low resistance. The weight stack is a huge help to them in that it allows them to gradually progress their ability to lift their own body weight. In these cases, we usually do 3 sets for 1 minute each. If they aren't struggling in the last 10 seconds, then we need to lower the amount on the weight stack next time.