

No holds barred

# FIGHT YOUR WAY TO FITNESS

As the popularity of mixed martial arts grows around the world, a course here offers residents a chance to get fighting fit – minus the bruises



**GET A KICK-START:** Two participants at the MMA fitness classes go through the paces at Safa Park

**DID YOU KNOW?** MIXED MARTIAL ARTS IS A FULL-CONTACT COMBAT SPORT THAT INCORPORATES A WIDE VARIETY OF TECHNIQUES, ALLOWING MARTIAL ARTISTS OF DIFFERENT BACKGROUNDS TO COMPETE

BY NADEEM HANIF  
STAFF REPORTER

**DUBAI** In a quiet corner of Safa Park, eight hardy souls are being put through their paces with moves more commonly seen in the fighting ring.

However, none of the people taking part are going to be competing in the ring nor do they want to be fighters – they only want to get in shape the MMA (mixed martial arts) way.

British Scott Feasey, a 36-year-

old, who works in advertising and marketing, was taking part in his first session. He decided to give the sessions a go after enjoying his Christmas and New Year celebrations a little too much.

**BACK INTO SHAPE**

He said: "Like most other people, I overindulged during the Christmas break and I needed something to get back into shape again. This course is very good. The trouble with the gym is that it gets boring very quickly. But

with MMA, you are constantly being challenged in new and different ways and that makes it fun. I've seen the fitness levels of the people who take part in the MMA and it is pretty amazing."

Neha Jamani, 25, an Indian expat, who works in logistics, also takes part in weekly fitness boot camps and is aiming to run the Dubai half-marathon in February.

She said: "I used to go to the gym a lot, but after a while running on a treadmill became a chore.

"But these sessions are a lot of

fun and you do lots of different exercises for the whole body. It's intense but it's more about building up fitness than being super fit to begin with. I'm definitely going to recommend this to other people and I'll probably drag a few of my friends with me the next time."

The sessions are the idea of Corey Oliver, an Australian expat who set up the Original Fitness Co, which has branches in Dubai and Abu Dhabi.

The MMA course is one of several his company runs in the

UAE that also include 'kick fitness' based on kick-boxing and 'punch fitness' which follows boxing principles.

**MMA CRAZE**

He said: "We decided to do something with MMA following the huge popularity of the Ultimate Fighting Championship [a US-based MMA event]. It's designed for people of all fitness levels and it's aimed at being fun. This is not about training people to become MMA fighters, it's



**FIRMING UP:** Give your belly the exercise it needs



**ADRENALINE RUSH:** Warming up before the main course



**"THIS IS NOT ABOUT TRAINING PEOPLE TO BECOME MMA FIGHTERS, IT'S ABOUT GETTING TO THE FITNESS LEVELS OF MMA FIGHTERS"**

**COREY OLIVER, FOUNDER, ORIGINAL FITNESS CO**



**"THE BEAUTY OF THIS COURSE IS THAT IT IS GREAT FOR CONDITIONING BECAUSE OF ALL THE CARDIO WORK WE DO"**

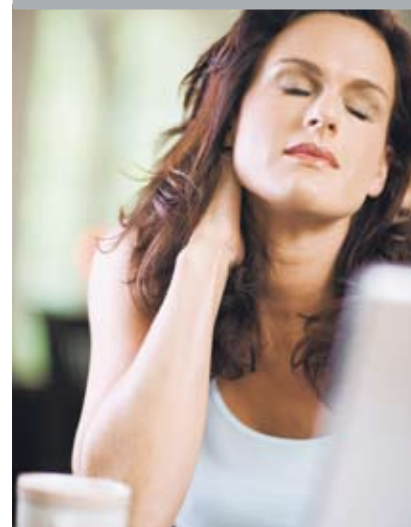
**ZAID GERBER, MMA INSTRUCTOR**



**hotSpot**

**CHRISTIAN DAUM**

**AGE:** 48  
**NATIONALITY:** German  
**OCCUPATION:** Music producer and finance consultant  
**LIKES ABOUT DUBAI:** Weather, architecture and people  
**DISLIKES ABOUT DUBAI:** Evening traffic  
**STYLE:** Cool fashion  
**FAVOURITE HANGOUT:** Jumeirah Beach  
**ROLE MODEL:** Brad Pitt



**ALTERNATIVE HEALING**

**NEW WAY TO GET RID OF THAT PAIN IN THE NECK**

BY SHARMILA DHAL  
SENIOR REPORTER

**DUBAI** Chiropractic care is emerging as a popular recourse for treating problems related to the neck and back, according to a specialist at a city-based spa.

Dr M. Raslan, a chiropractic doctor at The Dental Spa, said at least 10 to 15 patients, mainly office-goers, visit him every day

with pain in the neck or back due to overexertion at the desk or a sedentary lifestyle. "A majority of the patients suffer from disc problems and are aged between 20 and 60," he said.

Chiropractic treatment, which is an alternative form of healing, works on correcting the alignment of the vertebrae in the spinal column through physical therapy and manipu-

lation of the vertebrae. It does not entail any medication or invasive procedure.

He said a thorough physical examination is done following which X-rays, CT scans or MRIs are undertaken and a treatment plan is arrived at. For example, if the MRI confirms a bulge or protrusion of the disc along the vertebrae, a 10- or 20-session programme is chalked out to

administer physical therapy and manipulate the vertebrae into the right position.

Each session spans 45 minutes and costs Dh510. Dr Raslan said with chiropractic care, the probability of surgery to correct disc problems is considerably reduced. "As such, it is important that people go in for an annual spinal check-up just like a dental or general check-up," he added.

about getting to the fitness levels of MMA fighters."

The four-week course runs every Monday and Wednesday from 7.30pm at Safa Park.

The first session tests what level of fitness people are at and then the following weeks aim to improve on that. Each session lasts 40 minutes, which is split into eight five-minute "rounds", with 10 minutes of warm-ups and warm-downs.

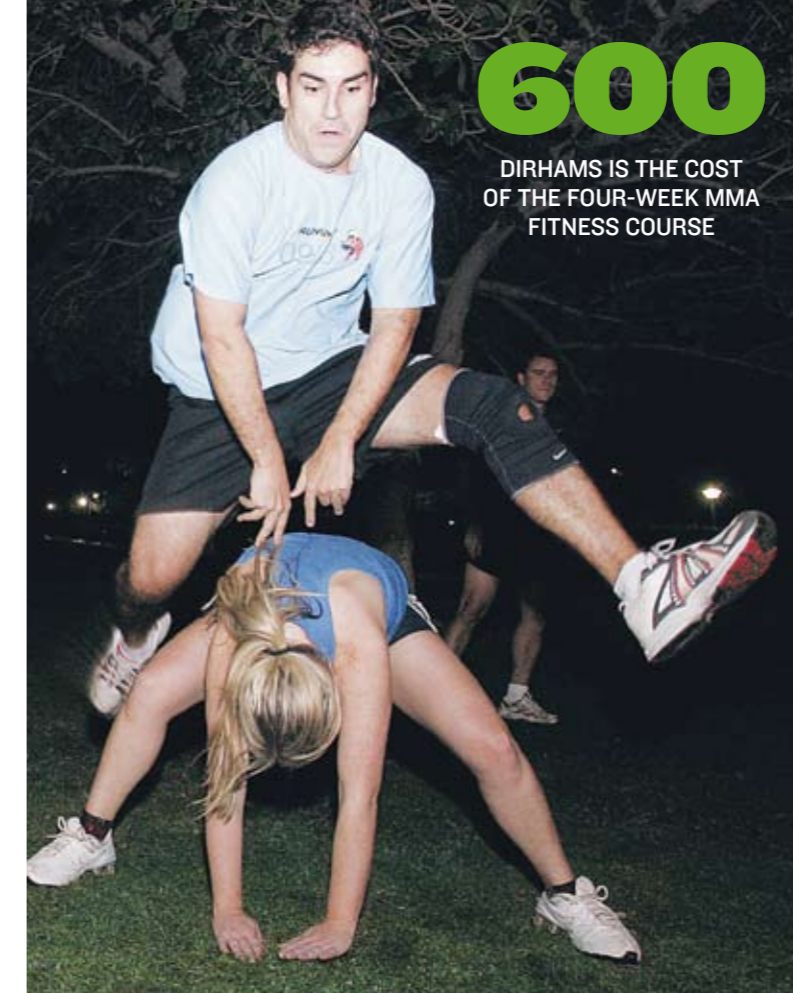
The rounds separately focus on upper and lower body, a combination and core exercises.

Zaid Gerber, the MMA course instructor, said: "The beauty of this course is that it is great for conditioning because of all the cardio work we do."

The sessions run every month and cost Dh600. People wanting to take part can join at any time.

**SIGN UP**

If you are keen to join the MMA classes, call 04-313 2081 or visit [www.originalfitnessco.com](http://www.originalfitnessco.com). You can also write to [info@originalfitnessco.com](mailto:info@originalfitnessco.com)



**600**

DIRHAMS IS THE COST OF THE FOUR-WEEK MMA FITNESS COURSE