

## Nick Kennedy – London Irish and England – Marlow Club member

Q&A session following his experience on the new Milon circuit equipment.



What did you think of the Milon equipment?

I thought it was brilliant. A very thorough workout in a short space of time. Both cardiovascular and muscular skeletal systems feel fatigued as if I had been working out for over an hour.

How do you think it could benefit users?

All the users could save a lot of time using the Milon kit. Using the card you don't have to worry about adjusting your settings and you don't have to concentrate on timings as it all is done for you

Do you think it could benefit rugby players / professional sports people?

Yes. It's a great non specific workout; it's also hugely beneficial if you have an injury as you can limit the range of motion.

What did you like best about the Milon kit?

The ease of use, Also the way you stay on the move as it stops you from getting bored.

Would you use the Milon kit as part of your current fitness schedule?

Yes, it could fit in when I want to do circuit style training; it is also great as it is low impact.

How easy was it to use?

Extremely easy, a quick walk through with an instructor and I was an expert!

How often do you visit The Marlow Club?

Whenever I can, I love the Club and atmosphere. Only thing that hinders it is my training schedule.



When did you start playing rugby?

When I was 13 at school but started taking it seriously at 19.

What school did you go to?

Claire's Court in Maidenhead

Who looks after your diet?

Matt Lovel the England Nutritionalist

What sort of things do you eat?

High Protein Diet, Low Fat. I try to eat 5 meals a day.



What's your favourite meal?

Pizza!

What's a typical daily regime?

8:30am arrive at the Club, in the gym for 9am with the team. Then some analysis on our team London Irish, lunch, and then Rugby specific in the afternoon.

How often do you go to the gym?

About 4 times a week

What other things do you do to keep fit?

Just Rugby!

When will you start pre season training?

13<sup>th</sup> July

What did you think of the Lions tour?

I thought it was great, apart from the 1<sup>st</sup> two results! The rugby was excellent and very exciting to watch.

What are your hopes / goals for 2009 / 2010 season?

To play every game for England and Win the premiership with London Irish

Who do you admire most (from rugby perspective)?

Simon Shaw, Amazing player, also he plays in my position so I keep a close eye on him!

Who do you admire outside of rugby?

My Dad

What would you be doing if you weren't a professional rugby player?

Pro basketball player

What do you think you might do after your rugby career?

No Idea!!!  
Any job offers welcome!

Got any advice to aspiring rugby players?

Work on your weaknesses and enjoy what you do everyday



• Are you struggling with motivation in the gym?  
• Would you like a more effective workout?  
• Are you suffering from an injury and unsure what is the best way to workout?  
• Do you struggle to find the time to workout?

The Milon Circuit can help

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