

Lions stars say AFL men need more

Lions kingpins Leigh Matthews and Jonathan Brown have called for the AFL to implement two split rounds from 2009 to help preserve players' increasingly battered bodies.

Four-time premiership coach Matthews said the game had never been so brutal on players and an extra week's rest was essential in keeping them on the field.

Although an outspoken critic of Saturday night's one-off Hall of Fame match, the Brisbane coach was a fan of all clubs, and most players, receiving an extra week's rest as a result.

Triumphant Victoria skipper Brown, who didn't agree with Matthews' views on the Tribute clash last week, united with him on Monday in plugging for the retention of two weeks off in 2009.

The pair believed two split rounds scheduled eight weeks apart in a 24-week regular season would dramatically aid fitness issues as well as ensure a high quality of play for longer.

"I just think the game is getting more brutal," Matthews said.

"It's not the violent game in the modern era, it's just the speed and intensity they seem to be going at and the pressure it's putting on their joints, and then you get the incidental contact at high speed.

"They're more beat-up and exhausted and fatigued.

"Each year it just seems to be a tougher game on the body.

"The concept of having two split rounds where each club and set of players get two breaks, a third through and two-thirds through, I'm sure the players would be happy and it would help their longevity."

Brown spoke from his own experience in missing the Lions' last match against Geelong with quad tightness to deliver a valuable freshen up and help revive his form and fitness against the Dream Team.

"You definitely need those spells during the year," the Brisbane captain said.

"I had my bye last weekend against Geelong and I felt a hell of a lot better going into this week's game than going into the previous two or three weeks.

"That was only six weeks into the season, my body was banged-up."

Brown, the reigning Coleman Medallist, would rather see the pre-season NAB Cup reduced to add an extra week in the 22-round premiership.

"Maybe they should shorten the pre-season comp so you don't have so much pressure to get up for games in early February and we have longer holidays to get over all the injuries," he said.

"I definitely think that two byes, even if there's not a (Hall of Fame) game next year, would be good.

"It would keep the quality a lot better and the players would be able to sustain that quality throughout the season."

The break was particularly timely for the Lions (3-4) who are set to field their strongest team this season with a number of senior players set to return for Saturday night's clash with Carlton at Telstra Dome.

As well as Brown, Simon Black, Travis Johnstone, Josh Drummond, Jason Roe and Ash McGrath should be cleared of injuries.

Black will have his groin problem tested this week but is seen as a likely inclusion.

2008 AAP

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Hour Fitness founder and Chairman MARK MASTROV

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24-Hour Fitness also with a number of super sports stars and celebrities working together to set up health clubs, such as: Tour de France champion Amusite Lang, NBA star Onyango infants, Magic Johnson and tennis star Andre Agassi and basketball player Yao Ming of China.

At the same time 24-Hour Fitness or the U.S. Olympic delegation's main sponsors, and actively participate in social charity.

In addition 24-hour fitness also with the Coca-Cola, NIKE brands reached a strategic cooperation partnership relations. This year has been a 24-hour fitness row with NBC's most popular live television programs SHOW THE BIGGEST LOSER cooperation for the fourth consecutive year.

MARK MASTROV in 1983 from where his grandmother had borrowed 15,000 U.S. dollars to set up its first 24-hour health club. To the present 24-hour fitness has been in the United States 14 Chau has over 370 chain Club, the club a total of 3 million members and Employment 20,000 employees. 24-Hour Fitness are actively to the development of the eastern United States, for example, in New York, Washington and Baltimore opened the club, in addition, 24-Hour Fitness in Asia have 21 clubs.

In 2005, 24-Hour Fitness in New York were from a private consortium Forstmann Little Co to 1.6 billion U.S. dollars acquisition, in the next 12 months, the global 24-hour fitness membership will bring more and better services To celebrate its 24 anniversary.

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