

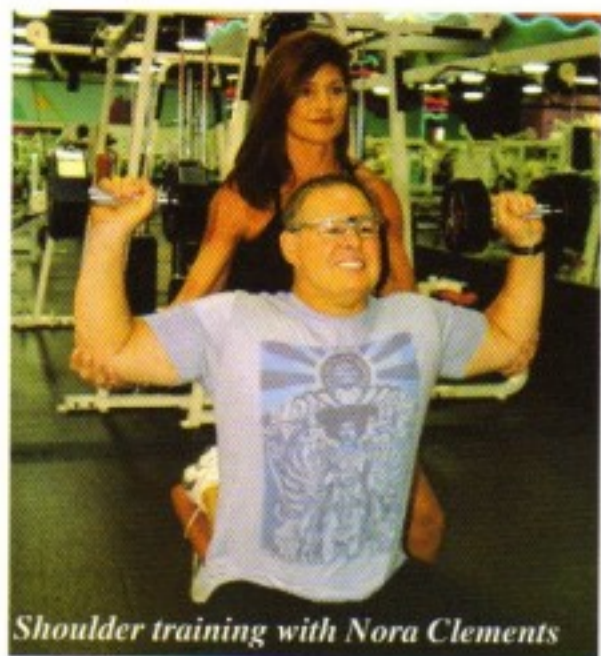
50/50

**Fifty Trainers
Fifty Days**

by Bret FitzGerald

For most men, looking in the mirror is an exercise in narcissism. Rarely do we see anything but near perfection. It's a guy thing. On the other hand, when we step on a scale, purchase trousers, catch a glimpse of ourselves in a photo, or measure our blood pressure, reality starts to set in. I have done all four recently and came to the realization that I needed a serious and drastic intervention.

Above: The author training legs with Sal Capano.



Shoulder training with Nora Clements

I would like to dedicate this story to the memory of my beautiful mother-in-law, Virginia O. Smith, aka "Lady", who would have loved this challenge! She was one of my greatest cheerleaders and would be so thrilled to see her "Bretters" get back in great shape again. We all miss her so much!

In late April, over a tall Mocha Java, I asked my friend Marty Brees "What kind of fitness level could I achieve if I worked out with fifty different personal trainers over the next two months?" His response confirmed my sentiment. "Brother, you could get in remarkable shape."

It didn't hurt that I was invited to a July 4th beach party and some of the world's fit elite will be in attendance, including Laird Hamilton, Gabby Reece and hockey legend Chris Chelios.

The next day I started contacting trainers and setting up appointments. Below is my journal of workouts.

Starting point: I took some baseline data to compare with my final results and here is what I found. I weighed in at a paunchy 228 lbs. At 5'8" that height/weight combination calculates my body mass index at 34.7. A BMI over 30 is obese. Bummer. Then I measured my body fat and not surprisingly, I was too fat. 35%. Over a third of my body was fat! Double bummer. The final humiliation was my waist measurement. 41 1/2 inches. Nauseating. Time to get busy.

April 28, 2007 – Day 1: Paul Genick: Chest and back. Great with technique. Paul tossed in a great post workout stretch, as well as an abdominal and lower back workout.

Day 2: Claudia Aquino: Fast-paced cir-

cuit working biceps, triceps and shoulders all while moving non-stop to and from several pieces of equipment. Finished with abs and stretch. Perfect.

Day 3: Noelle Joye: 30-minute, lung-busting interval workout on the Keiser Trek Mill, a short treadmill that inclines to an astounding 50%! Finished with challenging core workout. Look for Noelle in our Bodies of Art layout.

Day 4: Don Niam: Tough martial arts inspired back, biceps and shoulders workout. Great joint strengthening workout for injury prevention and therapy.

Day 5: Alan Giron: Soccer-conditioning workout. 60 brutal minutes in racquetball court #1 hopping, sprinting and darting. My heart rate never dropped below 120 beats per minute. Finished with a terrific PNF stretch. A totally extraordinary fitness experience.

Day 6: Marc Baker: Core Stabilization workout, or the "Abs From Hell" workout. Marc is a top-notch swim and triathlon coach.

Day 7: Carol Strom: Partner Circuit Training with Dr. Barry Lasko. We did legs, abs and cardio workout together. Fun and competitive.

Day 8: Sandy Scamman: Full body core workout. Bosu, fitness ball and great technique work. Sandy is also featured in this issue's Bodies of Art photo spread.

Day 9: Matt Hanson: Shoulders, chest, biceps and back workout. Starting to feel like I can try most things without limitations.

Day 10: Christina Paone: Smart, has an MBA. Took me through a fatiguing boxing workout. Jab, cross, hook and uppercut. Finished with several sets of good, ole' American push-ups. Christina is also featured in our Bodies of Art layout.

Day 11: Alice McFall: "Slow Burn" leg workout. Each rep is performed at about half speed and the difference is stunning. Really felt "the burn".

Day 12: Donna Solomon: the "Master of the Motion". Unique expertise with the Free Motion equipment. She showed me several helpful tricks that added significantly to my chest, arms, back and abs workout. Loved it.

Day 13: Fatima Valeras: Started our session with an amazing injury therapy

session with her handy tennis ball, then followed her into group fitness classroom 2 for her awesome Spin class. For those into fat burning, this class is for you! A fine tuned Fatima is featured in our Bodies of Art photo spread.

Day 14: Sal Capano: "Sal's Big, Bad Leg Workout". Do this workout once a week and your legs will never look better.

Day 15: John Catlett: He blasted my chest, back, abs, lower back with some unique and very effective exercises. John is a Judge for the National Physique Committee.

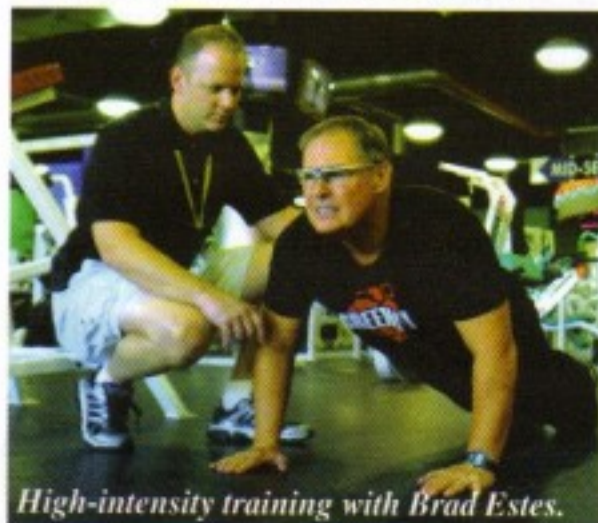
Day 16: Carlos Nunez: Cardio, biceps, triceps and abs. He showed me some new, never-tried-before exercises that gave me a fearsome pump...exercises I will now add to my regular program.

Day 17: Valerie Barkhuff: Legs, abs and stretching. Great with technique and form. Very down to earth and an experienced pro.

Day 18: Dustin Richter: Fast-paced strength-training program. Tortured my chest and back. Dustin indoctrinated me to a distinctive series of exercises that will now be part of all future workouts.

Day 20: Arthur Hsu: Member of Advanced Training Performance, used a Hi-Intensity Cardio/Yoga Inspired program to stretch me into submission. I still can't believe I was able to hold myself in some of Arthur's poses.

Day 21: Ray Christian: "Ironman Ray" and I hopped on our road bikes and headed up through Summerlin to a winding street in Sun City called Villa Ridge. Villa Ridge starts out mellow, but a couple of miles in the winding climb only gets tougher. Ray and I pushed to the top, then raced to the bottom. No wonder I won, I had the superior weight advantage.



High-intensity training with Brad Estes.

50/50

Fifty Trainers
Fifty Days

The Statistics Don't Lie!

BEFORE:

Weight: 228 lbs.

Body Fat: 35.2%

Waist: 41 1/2 inches

Blood pressure: 145/95
(Stage 1 hypertension... Yikes!)

Push-ups (1-minute): 23

AFTER:

Weight: 216 lbs.

Body Fat: 21.4%

Waist: 37 3/4 inches

Blood pressure: 120/82

Push-ups (1-minute): 56

"After 50 days I was a changed man. My strength and flexibility increased all over, especially in my core area."

Day 22: Sean Mullaly: Chest and abs. Did Sean's "Hi-Power Half Hour". Major burn with his super set component. Sean's fun personality is always a welcomed facet of training.

Day 23: Dorian Cheney: Legs with "static pause" technique. Reminded me of the '60's...Burn, baby burn.

Day 24: Nora Clements: Power Circuit. Full body workout for core conditioning, strength, cardio and flexibility. Nora is also a top aquatic instructor. Look for Nora in Bodies of Art.

Day 25: Ashley Onstott: NASM Core Stability Training workout. Great for anyone, especially those 30 plus.

Day 26: Sid Leyva: Multi mode, cross-functional workout, or "Sid's Really Hard But Fun Full Body Killer Workout". Try it if you dare.

Day 27: Frank Butterfield: "Ladder" workout. Climb up, and then descend down in sets. An outrageously imaginative workout. Frank was selected by Las Vegas Life Magazine as the top personal trainer in Las Vegas.

Day 28: Hayley Hollander: "Refresher Workout" focused on core strength. Very challenging, but very effective. Highly commend her program.

Day 29: Rachel Douglass: Full body workout, focus on abs and core. Inspiring. Rachel is one of our models in the Bodies of Art photo gallery.

Day 30: Kurt Coleman: "Compound Interval Workout". Eight minutes cardio followed by eight sets of eight reps of shoulders, then triceps. One of the most efficient workouts so far. Kurt is a Bodies of Art model.

Day 31: Brad Estes: Legs and chest. Lots of push-ups and great coaching. Brad was merciful as I battled allergies.

Day 32: Angela Farrar: Still fighting allergies, but Angela and I did a series of incredible functional fitness exercises. Lots of new, never been done stuff. Really fun.

Day 33: Ludovic Curtet: Legs, chest and abs. No one explains exercise as well as Ludovic. He communicates the science of movement better than anyone. Also,

very innovative when coming up with original exercises. Ludovic is one of our Bodies of Art models.

Day 34: Denise Dinger: Power lifting workout. At 5'2", 118 lbs, she schooled me on perfect techniques for the squat, bench press and dead lift. Really knows her stuff and it shows.

Day 35: Bobby Moulin: High-speed, full body circuit workout. Loved it. Calf workout was brilliant in it's simplicity.

Day 36: James Martin: Arms. James is a life long body builder and is the master of "unique techniques". He completely understands how to make muscles respond to training.

Day 37: Don McNamee: Yoga. Took my first Yoga class ever. Can't wait to take another. Don also works with Extreme athletes and is one of the top snowboarders in the state.

Day 38: Oscar Gonzalez: Fast-paced, full body workout. Super hi-intensity, all encompassing. Very ingenious with basic, everyday equipment. Oscar is one of our Body of Art models.

Day 39: Chris Ben-Tchavthcavadze: Chris, who is a top boxing coach, showed me why boxing is called "The sweet science." Very eye opening and enjoyable.

Day 40: Fabiola Lopes: Legs. Her Brazilian pedigree shows in her enthusiasm. She is also an amazingly motivating trainer. "You can do it, Bret, come on, you can do it."

Day 41: Zoe Albright: Full body, cross-functional workout. Bosu ball and Free Motion machines made our workout a superb training experience. Zoe teaches several classes for LVAC as well.

Day 42: Eric Vanus: One of the ATP group. Core conditioning workout with several interesting twists and turns. Challenging, but doable.

Day 43: Gay Byrd: Core, upper and lower body workout. Gay is a pro with an amazingly engaging personality.

Day 44: Jeff Arnell: Cardio and abs. Jeff's fast-paced cardio workout blew out my lungs, which is exactly what I needed. Great ab routine and stretch to finish up.



L-R: Trainer Rachel Douglass, Me, and Trainer Don Nian

Day 45: Melanie Byrne: Cardio, full body workout. No wasted time. Melanie is LVAC group fitness director and is very ingenious in her workout programming.

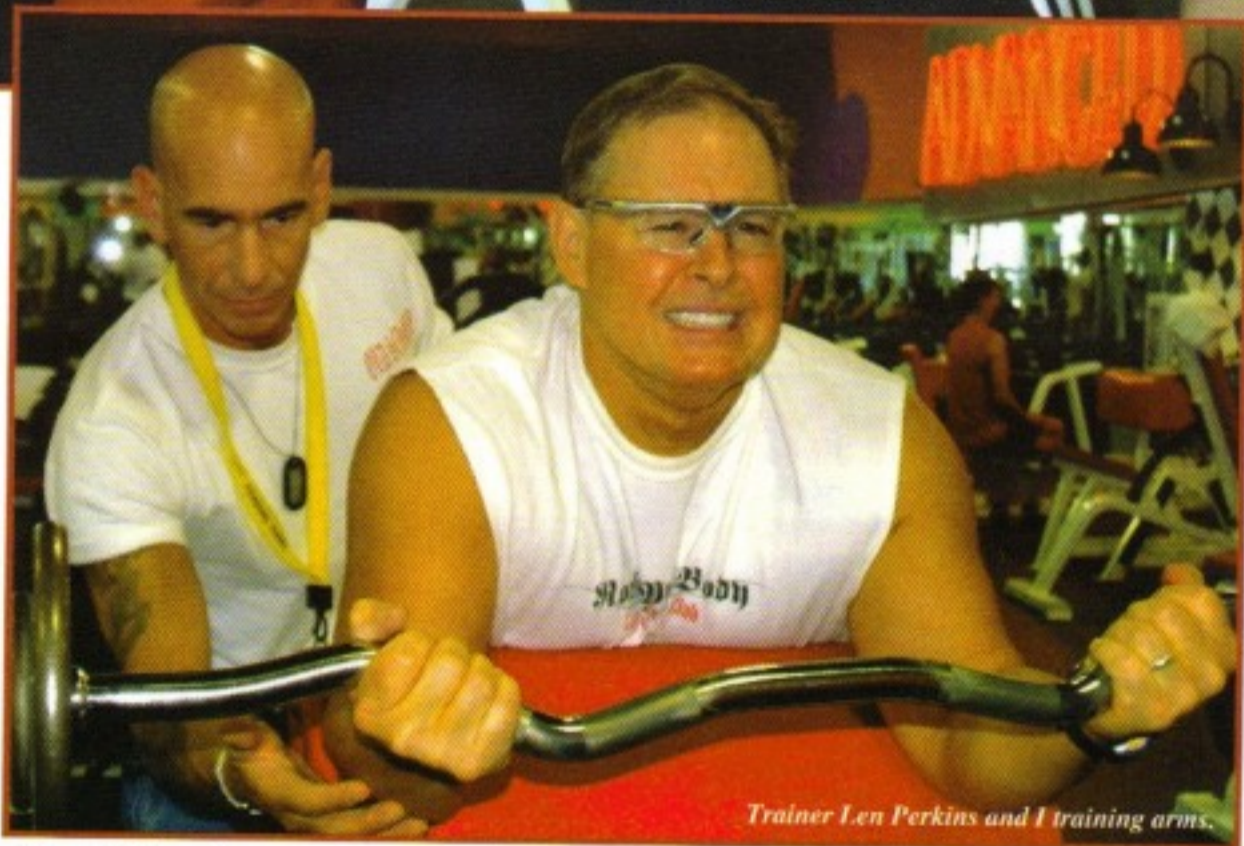
Day 46: Annie Shattuck: Shoulders. A competitive body builder, Annie showed me some awesome techniques for building and strengthening.

Day 47: Ricky Wills & Len Perkins: Chest, arms and back. Double teamed by these pros was fun and effective. I finally feel like I am there, back in shape and ready for new challenges.

Day 48: Starr Mixaloliakos: Cardio and strength training. Starr is a competitive athlete and very motivating. Great with form and technique.

Day 49: Paul Rosenberg: Cardio and flexibility. Paul's "10-10 Workout" is simple but left me gasping for air. 10 sets of 16 squat jumps are killer. Had to take several water breaks, but survived with my dignity.

Day 50: Jose Fernandez: Chest. My last training session with Jose was great. He is the absolute master of technique when it comes to lifting weights. Check out Jose in Bodies of Art.



Trainer Len Perkins and I training arms.

After 50 days I was a changed man. My strength and flexibility increased all over, especially in my core area. My cardio fitness increased to the point where I can run without pain. My hip and knee pain are manageable and I can fit into clothes that look good rather than cover up.

Thank you to all of the trainers who donated their time and energy. These trainers are all professional and motivating. Over the course of my 50/50 journey I was surprised that I rarely repeated any exercises. I was amazed by the creativity

of each and every trainer. In the end, I would recommend any of these trainers to nearly every LVAC member. There is no way the average person can train themselves with the same intensity and expertise that a trainer provides.

I would also recommend working with a registered dietitian and keep a food journal, which I did not. While I ate better than I have over the last two years, I slipped a few times. Those slips are the difference between incredible results and great results. ■