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Think Twice Before Semi-Private Training

Training couples can be lucrative with far less headaches!

By John Paul Catanzaro

Right behind computers today is the health industry. Fitness is recognized as an important component to good health, and personal fitness training (PFT) has grown by leaps and bounds over the past decade.

You can't put a price tag on your health, but let's face it, the biggest drawback to PFT involves cost. It's just too darn expensive for most people. They want to train their body, but they don't want to spend an arm and a leg to do so!

The solution involves group training (GT). With GT, you get all the benefits of PFT at a reduced cost. The trainer loves it because he/she makes more per session, and the trainees love it because they pay less per session (see the chart below.)

Here is a sample pricing structure for GT (consider that the cost for one-on-one training would be \$80 per session):

2 people = 1.5 x cost of one session	e.g.	120 / 2 = 60 per person
3 people = 2 x cost of one session		160 / 3 = 53 per person
4 people = 2.5 x cost of one session		200 / 4 = 50 per person
5 people = 3 x cost of one session		240 / 5 = 48 per person

Fewer group participants result in less compromise to individual attention and logistics (e.g. enough equipment, safety, productive workouts, etc.) With GT, clients should be as homogenous as possible in terms of health history and physical ability. That's strike one.

Strike two involves zoning. If you operate a home studio such as mine, many by-laws will not permit you to service large groups of individuals at any given time. Between traffic and parking, fire and safety issues, and not pissing off your neighbours, a small gym setting is not conducive for GT.

The final nail in the coffin involves goals. If everyone is on the same page, great! But what if that's not the case? Can you still design, and more importantly implement, different routines for different goals? The answer is YES, it can be done. It's a lot more work, of course, and it can become a nightmare trying to supervise, but it is doable.

Let me give you a perfect example. Recently, I had three sisters come to see me for PFT. Two of the sisters were severely underweight (UW) and required hypertrophy protocols. The other sister was overweight (OW) – her training was geared toward body composition changes. By manipulating the variables as follows, I was able to accommodate them:

Training Parameter	Underweight Individuals	Overweight Individual
Sequence	Agonist/Antagonist	Upper/Lower
Rest Intervals	Longer (60 secs.)	Shorter (30 secs.)
Repetitions	Lower (10-12)	Higher (15-20)
Tempo	Slower (4-0-1-0)	Faster (2-0-1-0)
Exercises	Less (8)	More (10)

They expressed interest in training together, so the frequency was obviously the same, and believe it or not, the exercises were also similar. There were some revisions, however. The two UW sisters were very wiry; whereas, the OW sibling was tight and less flexible than the other two, so when prescribing an exercise like the split squat, for example, the UW gals were capable of performing this exercise in full range of motion (ROM) with both feet on the floor. The OW sis, on the other hand, had to elevate the front foot on a step to accommodate her tight hip flexors and complete the movement in full ROM.

By doing my homework and preparing in advance, I was able to take all three of them through their program instruction with relative ease, and we completed the session on time! That last point is important, especially if you are on a tight schedule. GT can mess with your schedule fast, so you must be prepared.

In my opinion, in order to truly stay in control, I recommend training no more than 2 people at any given time. I was lucky in the example above – two of the sisters were so similar, it was like training one, but what if all three had different goals, body types, injuries, etc.? What a pain!

And I know, semi-private sessions are in right now. If you are not doing it, you should! It's the only way to make serious money in PFT.

Well, I beg to differ!

Sure, GT for yoga, stretching, and energy system work can be useful in certain situations, but for the average, non-athletic client that enters your gym, one-on one training still rules and can be quite lucrative. Play your cards right and you'll earn a six-figure income with ease. Let's do some quick math:

5 sessions a day x \$80 per session = \$400 a day
 \$400 x 5 days a week = \$2000 per week
 \$2000 per week x 50 weeks = \$100,000 in a year

There you go! You get your weekends off, two weeks for holidays, and you only need 5 people a day (attend my lecture, *The Business of Personal Training*, and I'll show you how to easily make that daily quota!) ... and that's at your bare minimum rate! Work an extra day; do an extra session; raise your rates; etc. and watch how things start to multiply. With this scheme, you have time to read, write, train, and plan your sessions, as well as eat, sleep, and spend time with your loved ones. Who could ask for more?

All of this is accomplished without killing yourself supervising a large group where you are liable for any mishap. Trust me, a lot less stress, and a lot more happiness! Quite frankly, my clients don't want to share me with anyone else anyway. It's their time and they want me all to themselves ... and they're willing to pay for it! That's fine with me.

In fact, I rarely train more than two people at a time anymore. Two people are enough – either two friends, two siblings, or a husband and wife – any more than this and it becomes a headache.

Actually, training couples is very popular today, and for good reason: motivation, convenience, and as mentioned above, cost savings. Most couples usually have the same goals, their eating habits are similar, lifestyle factors such as sleeping habits are similar, and they are both sedentary. For most couples, weight loss is the primary goal!

Of course, I try to get them off the whole weight issue and get them to concentrate on body composition, i.e. increase lean body mass and reduce body fat. You know all the details so I won't bore you with that, but when you can get couples to shift their focus in this manner, it becomes less competitive and more cooperative.

There are four options for training couples:

1. Perform the same exercises at the same time.
2. Perform the same exercises where one goes, then the other.
3. Alternate between exercises where one does exercise A while the other does exercise B and then they switch.
4. Alternate between groups of exercises where one does group A while the other does group B and then they switch once they've completed all their sets.

The following routines will demonstrate these four options in greater detail.

Option #1 - Perform the same exercises at the same time.

- | | |
|-----------------------------|-----------------------|
| 1. Dumbbell Swings | 6. Push-Ups |
| 2. Dumbbell Clean and Press | 7. Reverse Hypers |
| 3. Dumbbell Squat Pull | 8. Bent-Knee Sit-Ups |
| 4. Dumbbell Iron Cross | 9. Romanian Deadlifts |
| 5. Reverse Woodchops | 10. Overhead Squat |

Perform 3 circuits of 15-20 reps at moderate-fast tempo with short rest intervals (30-60 seconds) 3 days a week.

This is a modified version of a program I picked up from strength coach, John Davies, years ago. It is circuit-based and a great entry level routine for most individuals. This program will quickly improve strength-endurance and work capacity while shedding body fat and (dare I say it) weight in record time. It can be done at home with minimal equipment – light weights will do. For many of the exercises, you can use dumbbells as I have outlined above, or for variety, try kettlebells, barbells, kegs, sandbags, etc. It just depends what you have access to.

The key parameter to manipulate over sessions is the rest interval (RI). Once they're up to 3 circuits of 20 reps with 60 seconds of rest between exercises, I shave 5 seconds off the RI each workout. They must be successful, though, and accomplish all 3 circuits for 20 reps each exercise to permit the time reduction. Since the RI is so tightly regulated and monitored, this is an ideal program to have both individuals training at the same time. Again, minimal equipment is required and the exercises themselves do not take much space.

Sometimes a little information can be dangerous. For this program only, I will give you some quick notes to follow for each exercise. To get a better understanding of how to perform all the exercises listed in this article consider attending my *Strength Training Workshop – Beyond The Fundamentals*.

Dumbbell Swings – up to eye level.

Dumbbell Clean and Press – dumbbell and kettlebell cleans performed for high repetitions are excellent to tear elbows! This version is more of a squat, reverse curl, and press.

Dumbbell Squat Pull – grip the edges of the dumbbell and make sure that the elbows are higher than the weight at the top position.

Dumbbell Iron Cross – use an extremely light weight for this exercise. For some people, holding two water bottles is more than enough load!

Reverse Woodchops – as is the case for many of these movements, make sure they shoot from the hips. Take 10 seconds of rest between both sides.

Push-Ups – many beginners can not perform many push-ups, let alone 3 sets of 20 reps as prescribed in this program. To remedy this, use push-aways against a bench, or counter, or even a wall for that matter.

Reverse Hypers – can be done over a Swiss ball. If strength and coordination is an issue, substitute the supine bridge in its place.

Bent-Knee Sit-Ups – I can hear you now cursing me for suggesting the dreaded sit-up. It has been outcast by many. This program is loaded with hip extension movements – one hip flexion exercise is warranted! Use an abdominal crunch instead for those who experience difficulty with the sit-up, and favour a McGill crunch for individuals suffering with periodic low back pain.

Romanian Deadlifts – use a neutral-grip (i.e. palms facing each other) with dumbbells; a pronated-grip is used with a barbell.

Overhead Squat – this is what I consider the finisher! I like this exercise at the end because it will help promote strength-flexibility, and it's a killer! Get them to pause for a second at the bottom, and make sure that they go a millimeter further (i.e. deeper) each repetition. Use a bodybar, or even a dowel rod, or you can hold onto a Swiss ball overhead. It's not about load on this exercise. That holds true for the rest of them as well.

Option #2 - Perform the same exercises where one goes, then the other.

Program 1 – Horizontal Sequence

Barbell Program

- A) Back Squat
- B) Bench Press
- C) Bent-Over Row
- D) Seated Military Press
- E) Barbell Curl
- F) Triceps Extensions
- G) Standing Calf Raise
- H) Barbell Rollout

Dumbbell Program

- A) Dumbbell (Db) Squat
- B) Flat Dumbbell Press
- C) One-Arm Db Row
- D) Seated Db Press
- E) Incline Db Curl
- F) Lying Db Triceps Extensions
- G) One-Leg Db Calf Raise
- H) Standing Db Side Bend

Machine/Cable Program

- A) Leg Press
- B) Machine Chest Press
- C) Lat Pulldown
- D) Low-Pulley Upright Row
- E) Standing Cable Curl
- F) Rope Pressdowns
- G) Seated Calf Press
- H) Low Cable Pull-Ins

Here are three typical bodybuilding routines. Having one go and then the other right after is ideal in this setting because it allows you to spot each individual, and if by chance, they train 1 or 2 times a week without your supervision, they can spot each other. Of course, the barbell program necessitates frequent load changes, especially if training a man and woman. The dumbbell program is quicker, and the machine/cable routine is the quickest assuming a selectorized stack is available – simply move the pin and go.

The typical parameters for this form of training involve 3-4 sets of 10-12 reps at a 4-0-2-0 tempo resting 90 seconds between sets (just about enough time for the other person to complete their set.) The horizontal sequence means that you complete all sets of one exercise before moving onto the next exercise. This routine should be performed 3 times a week on non-consecutive days (e.g. Mon, Wed, Fri.)

Note: Tempo refers to the speed of movement and is usually represented by a 4-digit number: eccentric (negative) contraction - isometric (pause between negative and positive) contraction - concentric (positive) contraction - isometric (pause between positive and negative) contraction. For example, a tempo of 4-0-2-0 means to lower the weight for a count of 4, no pause, raise the weight for a count of 2, and do not pause before starting the next repetition. An "X" designation denotes eXplosive, meaning to lift the weight as fast as possible.

Program 2 – Vertical Sequence (Pairs)

- A1) Dumbbell Deadlift 3 sets x 12-15 reps @ 3010 tempo + 60 seconds rest
- A2) Swiss Ball Db Press 3 x 10-12 @ 4010 + 60"
- B1) Single Leg Squat 3 x 8-10 @ 3030 + 60"
- B2) One-Arm Rotary Row 3 x 10-12 @ 3020 + 60"
- C1) One-Leg Calf Raise 3 x 10-12 @ 2210 + 60"
- C2) Swiss Ball California Press 3 x 8-10 @ 3210 + 60"
- D1) Swiss Ball Twisting Side Flexion 3 x 10-12 @ 2110 + 60"
- D2) Seated Offset-Grip Db Curls 3 x 10-12 @ 3020 + 60"

This program is geared toward body composition changes (i.e. an increase in lean body mass, and a decrease in body fat) and can be performed at home with minimal equipment. All you need are some dumbbells, a chair, a Swiss ball, and a step. You can even use stairs if you don't have a step.

The routine is arranged in pairs and should be conducted in a vertical sequence, meaning that you will perform the first set of A1 followed by the first set of A2, then the second set of A1 followed by the second set of A2, and finally the third set of A1 followed by the third set of A2 before moving on to the "B" pair and so on until all 4 pairs of exercises are complete.

Alternating between lower body and upper body exercises in this manner is quite effective for body composition purposes because it allows you to fatigue one half of the body while the other half recovers and vice versa. A great amount of work can be performed, and a significant amount of lactic acid is produced and circulated around the body prompting growth hormone (GH) production. In case you didn't know this, GH is a very potent fat burner!

Just get one person to start with one exercise of a pair, and get the other person to begin with the other exercise of the pair and have them switch after each set. You can have them either work and rest at the same time, or alternate their work and rest times. The former makes it easier to regulate rest intervals; the latter permits one-on-one attention throughout the entire workout. Keep in mind that each set takes roughly 60 seconds to perform (also known as time under tension, or TUT for short) and the rest interval should be about 60 seconds as well, so whichever method you choose will work in this case.

Program 3 – Vertical Sequence (Tri-Sets)

DAY 1

- A1) Back Squat
- A2) Pull-Ups
- A3) Reverse Hypers
- B1) Preacher Curls
- B2) Forward Lunge
- B3) Hero French Press
- C1) Bent-Over 45° Db Raise
- C2) Incline Db Flyes
- C3) Seated Db Wrist Extension
- D1) Supine Knee Raises
- D2) Side-Lying External Rotation
- D3) Seated Tibialis Raise

DAY 2

- A1) Bent-Knee Deadlift
- A2) Parallel-Bar Dips
- A3) Connelly Good Mornings
- B1) Incline Hammer Curls
- B2) Statue of Liberty Single Leg Squat
- B3) Hip Extension Triceps Extension
- C1) Swiss Ball Pullovers
- C2) Seated Shrugs
- C3) Seated Db Wrist Flexion
- D1) Swiss Ball Twisting Crunch
- D2) Seated External Rotation
- D3) Standing Calf Raise

Tri-sets are 3 exercises performed in sequence. This program, in particular, contains 4 groups of tri-sets and is geared toward myofascial changes. Let's dissect the program a bit further.

On both days, you'll note that the "A" group has one upper body exercise sandwiched between two lower body exercises. The "B" group has one unilateral lower body exercise sandwiched between two bilateral upper body exercises. The "C" group requires the same load for each

exercise in that group. Finally, the “C” and “D” groups on both days should be conducted with little rest between exercises – 10 seconds is enough time to move from one position to the next, and will allow sufficient re-synthesis of high-energy compounds to improve performance.

My *Strength Training Parameters and Program Design Lecture* will teach you how to assign appropriate training parameters to this routine, and provide an in-depth review of the thought processes involved during program design.

Program 4 – Vertical Sequence (Giant Sets)

- A1) Cyclist Squat 3 x 10-12 @ 4010
- A2) Chest Press 3 x 10-12 @ 4010
- A3) Lying Leg Curl (feet inward) 3 x 6-8 @ 5010
- A4) Supinated-Grip Pulldowns 3 x 10-12 @ 4010
- B1) Seated Leg Extension (feet outward) 3 x 12-15 @ 3010
- B2) Mid-Incline Dumbbell Press 3 x 10-12 @ 4010
- B3) Standing Good Mornings 3 x 10-12 @ 4010
- B4) Seated Pronated-Grip Row 3 x 10-12 @ 4010
- C1) Standing EZ-Bar Curls 3 x 10-12 @ 4010
- C2) Lying AbMat Crunch 3 x 12-15 @ 2020
- C3) Standing V-Bar Pressdowns 3 x 12-15 @ 3010
- C4) Seated Calf Raise 3 x 15-20 @ 2010

This program is an extension of the previous tri-set routine. Giant sets are 4 or more exercises grouped in sequence – consider them mini circuits, if you will. This particular routine consists of 3 groups of 4 exercises. As I mentioned earlier, when training couples, you can have them perform the exercises in unison or in a staggered fashion (i.e. as one works the other rests, then switch.) If you choose the former method and equipment is limited, then have one individual start with the first exercise of the group (i.e. A1, B1, C1) and the other individual with the second exercise (i.e. A2, B2, C2) and have them rotate through their sets in the following manner:

<u>Individual A</u>	<u>Individual B</u>
Set 1 – A1 / B1 / C1	Set 1 – A2 / B2 / C2
A2 / B2 / C2	A3 / B3 / C3
A3 / B3 / C3	A4 / B4 / C4
A4 / B4 / C4	A1 / B1 / C1
Set 2 – A1 / B1 / C1	Set 2 – A2 / B2 / C2
A2 / B2 / C2	A3 / B3 / C3
A3 / B3 / C3	A4 / B4 / C4
A4 / B4 / C4	A1 / B1 / C1
Set 3 – A1 / B1 / C1	Set 3 – A2 / B2 / C2
A2 / B2 / C2	A3 / B3 / C3
A3 / B3 / C3	A4 / B4 / C4
A4 / B4 / C4	A1 / B1 / C1

Now, if you prefer to stagger them, keep in mind that you will likely have to change the loads between sets, especially if you are training a male and female. This may be a challenge if you are trying to regulate their rest intervals. Consider that the average male should be able to squat with 135 pounds and more for reps; whereas, the average female you train will not be able to do this. Pulling off or putting on 45 pound plates, for instance, could cost you time and interfere with rest intervals. The solution would be to stagger them two exercises apart in a group, which will buy you more time to make the necessary load alterations, or stagger them by groups.

Option #3 - Alternate between exercises where one does exercise A while the other does exercise B and then they switch.

Program 1 – Body Composition

- A1) Front Squat 5 x 6-8 @ 5010 + 90"
- A2) Swiss Ball Push-Ups 5 x 8-10 @ 2210 + 90"
- B1) Low-Pulley Split Squat 4 x 10-12 @ 2020 + 60"
- B2) One-Arm Long-Arc Row 4 x 10-12 @ 2020 + 60"
- C1) Standing Hammer Curls 3 x 12-15 @ 3010 + 45"
- C2) Seated EZ-Bar French Press 3 x 12-15 @ 2110 + 45"
- D1) Swiss Ball Crunch 2 x 15-20 @ 2020 + 30"
- D2) Reverse Hypers 2 x 15-20 @ 2010 + 30"

Program 2 – Body Composition

- A1) Squat Press 4 x 8-10 @ 30X0 + 90"
- A2) Decline EZ-Bar Pullover 4 x 8-10 @ 3010 + 90"
- B1) Reverse Lunge 4 x 8-10 @ 30X0 + 90"
- B2) One-Arm Dumbbell Row 4 x 8-10 @ 3010 + 90"
- C1) Australian Back Squat 3 x 10-12 @ 3030 + 60"
- C2) Seated Zottman Curls 3x 10-12 @ 4020 + 60"
- D1) High-Pulley Twisting Crunch 3 x 10-12 @ 2111 + 60"
- D2) Flat Twisting Triceps Extensions 3 x 10-12 @ 2210 + 60"

Above are two body composition programs. An easy way to implement these routines is to have one individual perform the "A1" exercise while the other performs the "A2" exercise and then switch. Do this for all 4 pairs of exercises and the workout will run smoothly.

The advantage of sequencing in this manner is that you can vary sets and rest intervals among the pairs of exercises and it will not interfere with timing. Take program 1, for example. You'll notice that the sets, rep brackets, and rest intervals are different for each pair of exercises. If you were to stagger by pairs of exercises, timing would be affected and it would not work. One individual would be waiting for the other to finish!

In order for this method to work properly then, you must ensure that each exercise in a pair has relatively the same TUT, not to mention an equal amount of sets and rest interval. The other

critical factor is that both exercises are either bilateral or both are unilateral – if you pair a bilateral exercise with a unilateral exercise, you mess up timing patterns.

Option #4 - Alternate between groups of exercises where one does group A while the other does group B and then they switch once they've completed all their sets.

Program 1 - Hypertrophy

Group A

- A1) Hack Squat
- A2) Leg Extension
- B1) Inverted Row
- B2) Semi-Stiff Pulldown
- C1) EZ-Bar Reverse Curls
- C2) Low-Pulley Curls
- D1) Standing Calf Raise
- D2) Seated Calf Raise

Group B

- A1) Lying Leg Curl
- A2) Dumbbell Romanian Deadlift
- B1) Incline Dumbbell Press
- B2) Incline Low-Pulley Rope Flyes
- C1) Close-Grip Bench Press
- C2) Reverse-Grip Pressdowns
- D1) Decline Two-Legged Lowering
- D2) Decline Twisting Sit-Up

Perform 2 sets of 8-12 reps at a 3-0-1-0 tempo with 10 seconds of rest between the first and the second exercise and 2 minutes of rest after each pair is completed.

This program is performed in a superset fashion with minimal rest between the first and second exercise of each pair. Ten seconds should be enough time to get from one station to the next and then go.

Although it may be alluring to do all the exercises in one group before moving on to the other group, it is not the ideal method. When designing a strength training program, it is best to sequence larger muscle groups before smaller muscle groups. In this manner, greater workloads can be achieved and safety is not compromised (e.g. performing abdominal work prior to squats can jeopardize spinal stability.) In other words, finish all sets of “A” exercises in both groups before moving on to the “B” exercises, and so on. This applies to all the programs listed below.

Program 2 – Body Composition #1

Group A

- A1) Dumbbell Step-Ups
- A2) Incline Dumbbell Press
- B1) Low-Pulley Romanian Deadlift
- B2) Incline Dumbbell Curl
- C1) Standing Cable Twist
- C2) Seated EZ-Bar Wrist Extension

Group B

- A1) Wide Stance Back Squat
- A2) One-Arm Cable Row
- B1) Supine Bridge + Leg Curl Combo
- B2) Decline Db Triceps Extensions
- C1) Donkey Calf Raise
- C2) Seated Dumbbell External Rotation

Perform 2 sets of 10-12 reps at a 3-0-1-0 tempo with 60 second rest intervals.

Program 3 – Body Composition #2

Group A

- A1) Trap Bar Deadlift
- A2) Flat Dumbbell Press
- B1) Leg Press
- B2) Seated Lateral Raise
- C1) Decline Knee-Ins
- C2) Lying EZ-Bar Triceps Extensions

Group B

- A1) Russian Good Morning
- A2) Seated Cable Row
- B1) Seated Leg Curl
- B2) Standing Cable Crossover
- C1) Forward Wheel Rollout
- C2) Low-Pulley Preacher Reverse Curls

“A” Exercises: 3 sets of 8-10 reps at a 4-0-1-0 tempo with 90 second rest intervals.

“B” Exercises: 2 sets of 10-12 reps at a 3-0-1-0 tempo with 60 second rest intervals.

“C” Exercises: 2 sets of 12-15 reps at a 2-0-1-0 tempo with 30 second rest intervals.

Program 4 – Body Composition #3

DAY 1

Group A

- A1) Dumbbell Step-Ups
- A2) Incline Dumbbell Press
- B1) Romanian Deadlift
- B2) Seated Db Curls
- C1) Swiss Ball Twisting Side Flexion
- C2) Standing Db Snatch

Group B

- A1) Swiss Ball Squat
- A2) One-Arm Db Row
- B1) Supine Hip Extension
- B2) Omni Triceps Extensions on SB
- C1) One-Leg Duchaine Calf Raise
- C2) Bent-Over Laterals

DAY 2

Group A

- A1) 90° Split Squat
- A2) Flat 1 ¼ Db Press
- B1) Back Extensions
- B2) Standing Reverse Curls
- C1) Reverse Crunch
- C2) Seated 30° External Rotation

Group B

- A1) 1 ¼ Db Deadlift
- A2) Braced One-Arm Press
- B1) Reverse Hypers
- B2) Swiss Ball California Press
- C1) Standing Db Side Bends
- C2) Swiss Ball 2-Db Pullovers

“A” Exercises: 3 sets of 8-10 reps at a 4-0-1-0 tempo with 90 second rest intervals.

“B” Exercises: 2 sets of 10-12 reps at a 3-0-1-0 tempo with 60 second rest intervals.

“C” Exercises: 2 sets of 12-15 reps at a 2-0-1-0 tempo with 30 second rest intervals.

I have presented over a dozen programs in this article specifically geared to training couples. Whether your clients are beginners or advanced trainees; whether they train at home or in a gym; and whether their goal is to increase muscle mass or lose body fat; this piece offers various options to suit just about any couple you encounter.

About the Author



John Paul Catanzaro is a Certified Kinesiologist and Exercise Physiologist with a Specialized Honours Bachelor of Science degree in Kinesiology and Health Science. He owns and operates a private training facility in Richmond Hill, Ontario. For additional information, visit his website at www.BodyEssence.ca or call 905-780-9908.

John Paul has appeared on television and has written articles for several publications including Bodybuilding Italia, Coaching One-On-One, Dolfzine, Elite Fitness Systems, FitCommerce, Fitness Trainer Canada, Flare, grrlAthlete, Intense Fitness, Men's Health, MuscleMag, Olympian's News, Personal Training on the Net, Planet Muscle, Quest For Advanced Condition, Testosterone, and Wannabebig. John Paul's Stretching For Strengthening DVD (www.StretchForStrength.com) received rave reviews, and his latest project, Warm-Up To Strength Training DVD (www.StrengthWarmUp.com), has sold copies worldwide and is endorsed by many leading authorities. His newsletters are both informative and entertaining, and he has provided reviews for numerous sources including the inaugural edition of Sport First Aid in Canada. John Paul has studied under many of the world's top strength coaches and his pursuit for knowledge is relentless, constantly striving to upgrade his skills.

John Paul is quickly becoming one of the premier trainers in Canada. Building a reputation for getting his clients in top shape fast, his expertise has not gone unnoticed by other health practitioners who attend his private studio regularly for instruction. Recently, John Paul has begun to attract the attention of fitness-related organizations seeking lectures and workshops. He's been dubbed the man with an "encyclopedic mind" - you will leave his presentations with a wealth of valuable information that you can put to immediate use. Visit www.StrengthWorkshop.com for seminar details.