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INTENSE, CARING, HUMBLE

QUESTIONS FOR THOUGHT

As an individual that trains using many different modalities & practices, if you were to have no 'equipment' at your disposal, what would be one 'all-inclusive' activity/sport you would implement to keep your body active & strong? Please support your answer.

Swimming - Swimming is a great full body workout, which has been found to be not only beneficial for the human body, but also perfect for relaxing the mind of the person undertaking it. Being stranded on a island would probably play tricks on your mind after a while. Swimming helps you burn off calories while cooling down your body. Swimming provides you the best of both worlds. On one hand, it provides the cardio benefits of running and on the other hand, it paves way for you to achieve weight training strength building benefits (if you do a variety different strokes).

Stuck on a tropical desert island, what 3 foods would you choose to sustain you? Support your choices.

a. Fish - Is an ideal source of nutrition in the wild. If stranded on a tropical island, then there will be an abundance of fish to choose from. If you can snag a fish then you'll acquire a food source which is rich in omega-3 fatty acids, which are great for your heart.

b. Seaweed - Seaweed is just about everywhere in the tropics. Seaweed is loaded with vitamins and minerals. It's good for you and will help you survive.

c. Beans - Many beans in the wild. Most of them are found hidden in bean pods that hang from trees in the tropics. I'd find them have a constant source of protein and energy that would sustain me for a long time.

Most important advice you would give to another trainer?

Pay attention to your clients when you are training them. I've observed too many trainers (former and present colleagues) that are too distracted when training their clients. It embarrasses and angers me. Cell phones, BBM, other trainers, friends that walk by, trainer fatigue, uninterested trainer. The latter are all factors that distract you from doing your job thoroughly, safely and effectively. Please pay attention, your client's safety and results depend on it.

Keep your clients accountable for their actions outside of the gym. You may only see your clients 2-3 hours per week on average. There are 168 hrs in a week. Outside of work and sleep what are they doing to improve their fitness and wellness? You need to constantly ask them! It shows that you actually care. They may not be getting the results they expect because they don't understand nutrition. How will you know this if you don't inquire...? If they are being lazy and just not following the goal plan then it's time to have a chat and reevaluate their dedication to their goals.

What is the major difference between you and the other trainers around you?

The major difference between me and other trainers around me is 3 fold: Creativity, versatility and Intensity. My fitness toolbox is always expanding (Kettlebells, TRX, Gliders, Bender balls, Lebert Equalizer, Olympic lifting, Kick boxing, Clubbells, MMA conditioning, Gravity Training System, etc.). I love learning and am very open minded. I think outside the box and take every opportunity to embrace different types of training Styles/modalities and then include them in my programming.

I can create fitness programs in minutes (equipment related or bodyweight only) for personal training, small group, boot camps or teams.

I expect 100% effort from my clients when pushing intensity. My workouts are always intense and my clients are never dissatisfied with their workouts.

Do you believe in bootcamp training?

I do believe in Bootcamp training. I don't believe that personal training is for everyone. Not everyone can afford personal training. Bootcamps are more cost effective per session A well run bootcamp offers many great benefits:

Boot Camps offer strenuous exercise programming with significant physical results including increased aerobic and anaerobic fitness in a short relatively period of time.

Intense exercise has also been proven to have significant co-benefits, such as rapid body fat reduction and increased muscle tone and definition.

Because Boot Camps can be done in small groups, they can be tailored to individual fitness and strength levels.

The team environment and discipline overcomes tendency to slack off when campers train on their own.

Boot Camp training also benefits mental fitness; many recruits feel that they sleep better after a good workout. If they do Boot Camp in the morning, they are better able to cope with work stresses.

Some who have ADHD report that exercise helps their ability to think clearly without getting distracted.

One of the most important benefits of Boot Camp is of course, the value of exercising in a group, as well as the discipline.

The group environments help give support when necessary.

Most annoying act displayed by trainers around you?

Not paying attention to their clients
Being distracted by cell phones during a session
Inappropriate flirting and/or touching by trainer
Yelling at a client instead of encouraging them
Trainers that display a "don't care" attitude

How do you instill motivation when client struggling with commitment?

Encourage, encourage, encourage. Reassess goals regularly, be there for your clients and build relationships.

What is the biggest challenge facing you as a trainer?

Marketing myself as the best choice for a potential.

What do you feel about training two people at a time?

I love Semi Private training. In this economy people want to stay in shape but don't want to dig too deep into their pockets for a service that is a luxury not a need. Semi-private training is an economical way to get the benefits of personal training at a reduced price. It is great for those who may not need as much individual attention as a private session and is for those that enjoy group interaction. They can train in a small group but still experience individual results.

Greatest mistake most trainers make?

Not keeping clients accountable for their actions outside of the gym and setting nutritional guidelines/boundaries.

What specific area of training would you consider yourself an expert and list why that is?

I consider myself an expert in hybrid circuit training. Meaning, if you give me any fitness tool or piece of fitness equipment I can create effective workouts in minutes.

Who or what have been some of the biggest influences in the development of your routines and why does it make you great?

Mike Boyle – Guru of sports training
Robert Dos Remedios - Power Training and strength and conditioning expert
Charles Staley – EDT Density training Expert
Alwyn Cosgrove – New Rules of lifting Expert
BJ Gaddour – Mr Bootcamp

The above fitness professionals/mentors have been major influences to me due to their extensive experience, knowledge and success in the fitness industry. I follow their lead and greatness is just guaranteed.

WORDS TO LIVE BY...

“Do or do not, there is no try.”

Yoda