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'the overcoming determinant'

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DEDICATED, DETERMINED, CARING

QUESTIONS FOR THOUGHT

How does one maintain strength simply utilizing the environment around them?

What I dub my "Wilderness Workouts" can be applied in the first client case- A circuit of exercises using the environment (i.e. north country/cottage life) and body weight for an anaerobic and resistance training circuit to maintain or improve all over strength and fitness. (Circuit Workout e.g. : Wheelbarrow hill walks; +/- 100 standing squats; wood chopping; pushups, pull-ups (on safe and securely mounted overhead pipe); sit-ups/plank work) This workout is a modifiable program to suit and challenge individual strength and fitness limitations and/or injuries.

How does one increase the girth of their bicep?

To develop bicep size: Examine existing routine, then vary rep/set/wt # and where possible apply FITT principle. For example: increase the # of times the biceps are worked per week. Add supersetting, and/or work back and biceps on same day to pre-exhaust biceps. Examine existing diet and rest program to ensure adequate quality protein,carb, fat intake and rest for muscle growth.

Most important thing people should know about working out?

Because the effects of working out are not only physical but mental and emotional as well, a practical holistic strategy is key to a fulfilling and safe workout experience. Mentally, a strategic plan has to be in place with realistic goals set. Physically, there should be a focus on getting results and preventing injury. Last but not least is the emotional side; people need to feel successful and not disappointed in themselves or the work out experience.

What other career choice would you choose if not a trainer?

Professional athlete

Do you see yourself training in 5 years, in what capacity:

Yes! I plan to expand my horizons with an increased private in-home clientele from all walks of life.

Certain memories/occasions/ success stories that mold us/ ignite our passion in our career- name yours

Coming back from a severe, life threatening spinal injury to become a highly competitive body builder; the experience gave me more passion than I ever dreamed of for the fitness business, and made me believe that with dedication and determination anything is possible.

Is it possible for an individual to achieve 'strength' w/o lifting weights?

Yes! Expanding the definition of strength, allowing the conditioning effect of any workout environment and background i.e. sports, dance, physical labor, etc. develops strength outside the box of the classic text book definition.

Most important lesson learned during training career?

Be there for your client 100%. Learn how to really listen to what they want and need. At times being there in an emotional/ mental capacity for your client is more motivational and sustaining than any physical workout, thus the term "personal" training!

Is there a difference between training men and women?

Yes and No! Women should be treated equal in intensity of workout relative to their individual fitness abilities, but elements such as hormones must be considered when training either or.

How to stay above and beyond the rest?

Stay humble! Keep learning every day from whatever source, friend, book, course, colleague etc!

What do you feel about training 2 people at once?

Can be used to motivate and achieve a higher intensity of workout through fun and friendly competition!

WORDS TO LIVE BY...

"Train Hard, Train Natural!"