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'trainer in training'

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CREATIVE, MOTIVATING, GENUINE

QUESTIONS FOR THOUGHT

How is that you ensure folk take 'bootcamp fitness' serious?

Bootcamps have become very popular and there's a very good reason for it. They work! This is the new way of "Working Out Smart"! They are challenging, fun, increase both your aerobic and anaerobic fitness, result in rapid reduction of body fat, and increase muscle tone. However, with the popularity of bootcamps, a lot "pretend" bootcamps have also surfaced. Doing a few group push ups, sit ups, jumping jacks and some running around while chatting with your neighbor is not going to cut it. But, doing a "real" bootcamp, and getting in a serious workout that will challenge you and make you want to take it to the next level IS going to cut it!

Most bootcamps are very high impact. How do you make sure your clients stay safe during such an intense & high-paced workout?

A lot of people get scared when they hear the word "bootcamp" because they think of it as a military style of training where you have a trainer yelling at you for an hour straight. They are afraid it will be too intense and they won't be able to get through it.

The beauty of bootcamp classes is that they can be tailored to individual fitness levels; whether you are a beginner, have had previous injuries, or advanced and need a new challenge. If these classes didn't challenge you to a certain extent, then what would be the point in taking them?

The trainers that specialize in bootcamp training are there to motivate, support, and make sure no one is giving up on themselves. They are there to modify the workouts for the different fitness levels in the class while still allowing everyone to work out together in a team environment. I always try to show a beginner variation, intermediate, and the "next level" if you really want to challenge yourself. You have to be very open-minded and creative when it comes to training bootcamp classes, and that's why I love this style of training so much.

The most important thing people should know about working out?

No matter what age or fitness level you are currently at, you need to make working out a "life style". The hardest thing is finding a workout routine that you enjoy and will stick with. Start from the beginning and make sure you master all the levels before you start to Really challenge yourself.

Physical fitness is a compromise of cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness. These are all key to improving your day-day life and making sure you never miss out on the better things in life J

Do you believe in bootcamp training?

I believe in bootcamp training 150% and I definitely practice what I preach ;) Before becoming a trainer and discovering the bootcamp style of training, which is high intensity interval training with a twist (don't let the words "high intensity" scare you), I was not motivated to work out as regularly as I do now. I tried everything from regular personal training, spinning classes, aerobic classes, and any type of group classes out there, but nothing stuck. Personal trainers didn't make it fun and always had the same style of workouts. Group classes had everyone going at the same pace, instructors never corrected people with poor form (especially if they were at the back of the class), and it wasn't very interactive or challenging.

Bootcamp is one of the best high-intensity, fat-burning and muscle toning workouts out there. It burns a lot of calories because you work both upper and lower body at the same time and quickly move from one exercise to the next. There are no cell phone breaks or any other distractions when you do these workouts!

Bootcamp classes consist of cardiovascular training as well as strength training. This will strengthen your heart, improve bone density, tone the muscles, increase flexibility, and increase your basal metabolic rate (rate at which the body burns calories while at rest).

Working out in a group but still being able to challenge and push yourself to the next level is the ideal way to workout. It's like being part of a team but still having your own duties to complete in order for the team to succeed as a whole. The confidence and sense of accomplishment you feel after kicking your butt and completing a bootcamp workout is beyond words! You have to try it and see for yourself!

Do you see yourself training in 5 years/ in what capacity?

I see myself training for the rest of my life. Training for me is a lifestyle, as it should be for everyone else out there.

Most annoying act displayed by trainers around you?

If you're going to be an advocate for the health and fitness industry, you have to act and look the part. There are a lot of trainers out there that don't maintain a healthy body and mind through proper nutrition and exercise, and that becomes very apparent on the outside. Trainers are role models for a lot of people looking to make life changes and MUST practice what they preach. After all, would you go to a dentist who had really bad teeth?

How do you instill motivation when client struggling with commitment?

As a trainer, you have to be able to build a strong and trusting relationship with all of your clients. It should be easy for your clients to discuss any issues they are having when it comes to committing to their goals. You have to listen and provide motivation as well as solutions for them to be able to move forward. We all struggle with commitment from time to time so it's good to know we have someone who will help us through it. . A good trainer must also be a good listener.

Do you believe it possible for an individual to achieve 'strength' without actually lifting weights?

Absolutely! As a matter of fact, I recommend body weight exercises to a lot of people that are new to working out. Using your body weight, will allow you to focus on proper form, which is so important for preventing injury. You can also get really creative with body weight exercises because you don't have weights restricting you. I've put together some pretty challenging workouts without having to rely on using weights and it's always good to switch things up for your body.

Would you say that there is a difference between training men and woman?

Yes, there is definitely a difference, and it's mainly when it comes to the results they want. Men usually want to gain muscle mass and size while women want to tone and slim down. It's typically why men avoid cardiovascular style workouts and women are hesitant of using weights. In order to get the best workout for your body, whether you're a man or woman, you have to incorporate cardiovascular training, strength training, as well as stretching into your training regimen.

How do you stay above and beyond the rest?

When you're doing something you love, you're constantly talking to different people about it and trying to absorb as much information as possible. The great thing about the fitness industry is that everyone is always sharing their knowledge and experiences and learning from one another. I'm constantly researching, reading and trying out new workouts that I think would be beneficial for my clients and myself. I've never been a big fan of repeating the same routines. I've always found that keeping my body guessing, by adding new exercises to my routines, has produced optimal result. The possibilities are endless!

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

Training "the core"! Having a strong core is imperative for day-to-day function, proper posture and balance, and injury prevention. The core refers not only to the abdominals, but the hip musculature and spinal musculature as well. The muscles of the trunk and torso act to stabilize the spine, pelvis and shoulder girdle. A lot of people focus mainly on the abdominals when they work out their "core" and fail to strengthen their back, which will in turn create an imbalance and result in lower back pain.

I incorporate core in almost every exercise I do with clients and always tell them to focus on the core and make sure to keep it nice and tight. The myth of strengthening the core by doing hundreds of crunches needs to be put to bed!

How is it exactly that training makes you a stronger person in your day to day life?

Training makes your body and mind stronger. Being able to find time to train helps with time management, it relieves the stresses of every day life and gives you a sense of accomplishment. It increases your metabolism, reduces the wear and tare on your heart and cardiovascular system, and gives you strength to perform day-to-day activities as well as preventing injury. And these are just a few of the endless benefits. A healthy lifestyle must incorporate a healthy mind, body and soul.

Though I am new to the training game, I know that I will be a great trainer because I love what I do and I bring an unmatched level of enthusiasm to each and every one of my workouts. I'm also compassionate towards all of my clients and truly care about getting them to reach their ultimate goals. There's no better feeling than having a client thank you for changing their lives.

WORDS TO LIVE BY...

"Always do what makes you happy!"