

# Reap Benefits from Personal Training

**By Heidi Fron**

Bullworx Fitness has a new certified personal trainer on staff in addition to the trainers already working with clients. The new trainer, Brandin Bull, is the son of owners Tommy and Robin Bull and a long-time employee, having worked at the front desk for many years.

The younger Bull obtained his certification from the American College of Sports Medicine (ACSM) four months ago, and is building up his clientele. He still works a regular schedule at the front desk and trains clients around that schedule.

Training sessions are one

hour, and Bull said the number of sessions per week depends on how often the client can come in. “Depending on the client’s goals and schedule, I work out an individualized plan,” he said. “Sometimes, one session will focus on a particular set of muscle groups, such as the arms or legs or back. But if the client can come in only three days per week, each session can work on two muscle groups.”

The ideal arrangement is to sign up for at least 10 sessions, which allows the client to get beyond the introduction to the machines and equipment, and to begin making real progress.

Bull recommends that a client come in to warm up 10 minutes early, so that warming up does not cut into time for the training session.

Bullworx Fitness offers a number of ways to warm up. Typical choices are the treadmill, cycle and ellipticals. An unexpected option is to use a special vibrating machine that was developed for astronauts. According to Bull, “Astronauts’ muscles lose their memory when in space. The vibrating machine stimulates circulation, helps tighten

and tone muscles, and works on stability and balance. Ten minutes on this machine equals walking for 45 minutes.”

It is amazing that one small, space-saving machine helps astronauts in space maintain their fitness.

It is also amazing to see the extent to which space-saving equipment at Bullworx gives members and training clients extensive array of workout options. “Our facility is small, but we make good use of space,” Bull explained.

The chest press, for example, has three different settings that benefit three different muscle areas on one piece of equipment instead of three separate machines. “Bullworx has the equivalent of two to three times more machines in a smaller space,” Bull explained.

Teaching clients how to use the machines properly is one aspect of Bull’s training sessions. He emphasized, “There is no need to be intimidated by the machines. With the machines, there is less chance of injury.”

Proper form is important, and Bull focuses on the client’s position and movements during use of each machine. “The mind-body connection is important. You need to focus on the muscle you are working on.” He also watches the speed at which a client moves. “When you go too fast, form goes out the window.”

For most clients, Bull recommends three working sets of eight to 12 repetitions, with a short rest between each set. He also suggests doing one warm-up set before doing the other three sets if the client prefers that.

Around the corner from the main room of equipment is an area for circuit training. “It takes 20 to 25 minutes for a full body workout at a good intensity rate,” Bull explained. “Just adjust the resistance of each machine to the right level.” The adjustments are easy to make because the 11 machines use a system of push buttons.

In the circuit training center, people do as many repetitions as they can on a particular machine while the big green light is on. When the light changes to red, they stop and move on to the next machine, waiting for the green light to signal the start of repetitions on that machine.

In addition to getting a full-body workout, circuit training provides some variety for people who would otherwise stick with just a few favorite pieces of equipment. “Everyone needs a variety of exercises rather than a repetitious routine,” Bull said. “It’s good to shock your system, to keep it guessing. It’s one way to make good progress.”

Next to the circuit training equipment are the free weights. “One difference between working with free weights and on a machine is that using free weights engages the stabilizing muscles.” Bull works with clients on free weights, machines, stretching, recovery and cooling down.

For information about personal training opportunities, classes and other programs, membership and visitors’ day passes, call (909) 744-9105. Bullworx Fitness is located at 29001 Oak Terrace in Cedar Glen. It is open Monday through Friday from 6 a.m. to 9 p.m. Saturdays run from 7 a.m. to 5 p.m. and Sundays are 9 a.m. to 5 p.m.



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Just 20 to 25 minutes of circuit training provides a full-body workout, as demonstrated by Brandin Bull, certified personal trainer.