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'not your typical gym dude'

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PROGRESSIVE, INSPIRING, CONSISTENT

QUESTIONS FOR THOUGHT

What is the most common sports injury you have come across and how do you treat it?

The most common problematic area that I've come across with athletic clients are their knees. Whether it be from overuse during sports or a specific occurrence, knee issues seem to be the most common I've encountered. In my experience, most of my clients have had either 1 of the 2 following issues; hamstrings were too strong and not balanced well with the quads, or injured from a specific incident while playing.

How did I approach this? In my opinion, if someone has an injury two things need to be done.

1. The problematic area needs to be used significantly less, meaning rest is essential so the body can heal itself.
2. Strengthen the muscles around the problem area. A simple but effective exercise a lot of my clients do is a seated body weight leg extension. The client will sit on the edge of a flat bench with good posture. They will then raise a single foot about 2-3 inches off the ground. They will

then extend their leg out bring their foot to the same level as their knee. Depending on the specific client, they will perform several sets of this consisting of 15-25 reps. This simple exercise will strengthen the quads and surrounding stabilizer muscles. Ankle weights can be used as the client is rehabilitated and needs more resistance to increase strength.

The biggest improvement I've made since last year training others?

I've learned so much in the past year. As time goes on I become more and more confident in my training philosophies and the way I apply them to clients. When I first came into training, I was only concerned with making them lose weight and looking better. Those are no longer my primary focuses. I believe greatly in functional training and the improvement in the quality of one's life. Strength of the core is now something I consistently preach to my clients. The body is a whole and needs to train as one. We must be well balanced, functional individuals before we can efficiently progress in our fitness journey.

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

A lot of trainers don't treat their clients as individuals. Every human being is extremely unique. From their personalities, to living habits, and most importantly their physical abilities and limitations. I make sure I consult with all my clients prior to beginning the session. I find out what their lifestyle habits are, fitness background, goals and current/preexisting injuries. We as practitioners need to observe, assess and then progress with our clients.

Most important advice you would give to another trainer?

Don't spread yourself too thin. Maintain and structure your schedule REALISTICALLY. Training day to day can be both physically and socially exhausting. You need to give your client 110% every session. Ensure this by getting enough sleep, and staying on top of your personal nutrition.

How do you instill motivation when a client is struggling with commitment?

I use the client's own progress as positive reinforcement. The fact that they've signed up at the gym and/or committed to working with a trainer is a huge commitment. It basically means you said "I need change in my life". Depending on the client's progress and how far we are in our fitness and health journey, I will use our accomplishments (big or small) as a reason to keep striving for even better results.

Though I am a new trainer in the game, I know I will great because?

I am truly passionate about fitness and a healthy lifestyle. Because of my experiences and improvements/results since I stepped into the industry I need others to hear about them. I have ideas, concepts, and philosophies that must be heard. I am constantly reading and researching information for myself and my clients. I deal with people well and genuinely want to help others feel better. In just the past year I've been blessed with so many opportunities that have expedited my progress as a trainer. I feed off my own successes and am confident I will do well in the future with the support of my family, affiliates and God.

How do you deal with clients that give up after you've tried everything?

I heard a great quote not too long ago. It was "you can take a horse to water, but you can't make it drink". I would be in the wrong field if I didn't have patience, couldn't handle complaining, or realize that people learn at a different pace. However in some cases there comes a point where you can only express your knowledge so much. That is why the initial consultation is so important. You need to make sure the client is on the same page as you. They need to look up to you as a trainer and believe in what you think it is they need, so you can better reach them and encourage them even when they feel they have nothing left.

If I could get one client back and train them over what would I do differently?

Well, from day one as a professional trainer I wish I knew how valuable and necessary stretching is. I mean, regardless if we are actively doing fitness or not, stretching is a must. So for those who do exercise on any sort of consistent level, you **MUST STRETCH**.

Do you believe it's possible for an individual to achieve strength with out lift any weights?

ABSOLUTELY! Strength is individualized. Strength is not only physical, it is mental. If I have a client who has gotten himself in the gym from twice a week to four times a week while he's still night shifts, then that is a strong being. If I have a client who has been trying to do ten push ups for the past month and only can get six but still shows up every session attempting to get to ten, then that is a strong being. Strength isn't the ability to bench press. It is the ability to do!

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

Training myself and others everyday keeps me on my toes. As a trainer we are expected to be very functional and "in shape" people. Because of these expectations, I make sure I am always well rested, my nutritional habits are consistently good and my physical composition is exceptional. Another big thing is the amount of people we deal with on a day to day basis. Being able to adapt to each unique personality and individual from hour to hour makes you incredibly psychologically strong. Although exhausting at times, your people/social skills increase significantly in this field.

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

My specialties are calisthenics and circuit training for fully body development. Calisthenics is training with body weight. This type of training produces true functional strength. It consists of several simple movements that help develop cardiac and skeletal muscles. Only body weight is used as resistance in calisthenics. The circuit train aspect improves endurance and cardiovascular strength. As oppose to resting for "x" amount of time between sets, we work out a different area of the body to keep our heart rate up and to continue to burn body fat. Full body development is essential. The body is a "whole". We must train it equally throughout so we are well balanced individuals with minimal or no limitations.

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

I presently have clients that train as a couple. In all honesty they love it. I think that if the training is kept really safe and simple it is ok. However I strongly do feel that every individual is unique with different specific needs. You cannot put two or more people together and expect them to perform the same exercises and be effected and impacted the same way.

Most important lesson I have learned in my training career?

ALWAYS be a student. ALWAYS be open to learning. It's ok to put more focus in certain areas however there is so much knowledge out there in books and within others that you can't convince yourself that you know it all.

WORDS TO LIVE BY...

"Life favours the prepared"

*"Today's preparations determine
tomorrow's achievements"*

*"Any step forward (big or small) is a
step in the right direction"*