

DIMITRI GIANKOULAS

'the body type training specialist'

Certified Personal Trainer (C.F.P.)

Performance Nutrition Specialist (I.S.S.A.)

PNF Stretching Specialist (B.T.F.)

Founder of Pure Motivation Fitness Studio & In-Home Training

1995-Men's Rookie of the Year Award for playing 5 sport in one high school year, Weston Collegiate Institute

1995 to 1999-1st place Swimmer of the Year, 100m and 50m Butterfly Stroke & Men's 100m IM and relay team, Weston Collegiate Institute

2001-#1 Personal Training Manager, Premiere Fitness

2001-1st place Champion Drug Free Bodybuilder, middle weight division, New Generation Fitness Fed.

2002-2nd place Mr. Ontario Drug Free Bodybuilding Neutron Sports, middle weight division

2003-#1 Personal Trainer in Bally Total Fitness Award

2003-1st place Personal Training Dept of the Year, Bally Total Fitness

2003-Elite Performers Award (Personal Training Director of the Year) B.T.F.

2003-3rd place Fame Fitness Drug Free Bodybuilding Competition

2004-Elite Performers Award (Personal Training Director of the Year) B.T.F.

2004 Award of Achievement for Manager of the Year, Bally Total Fitness

2005-3rd place OPA Natural Ontario Bodybuilding Championships, light heavyweight division

2008-4th place IDFA Toronto Classic Natural Bodybuilding, men's heavyweight division

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MOTIVATING, DETERMINED, INSPIRATIONAL

QUESTIONS FOR THOUGHT

What do you think of early AM training on an empty stomach (please support your answer)?

This answer firstly depends on which of the 3 human somatotypes you are asking about? My training philosophy and bodybuilding experience has taught me to assess each and every individual's nutritional and exercise based on the 3 different types...

For an ectomorph, doing AM training on an empty stomach for both cardiovascular and resistance training is dangerous and should be avoided at all cost--unless you're looking to go catabolic. But even if you have an ecto frame that has some fat on his waist doing empty stomach cardio at low levels can tap into lean muscle mass due to the low bodyfat % to begin with. Weight training for sure will lead an ecto to burn muscle as their main source of fuel if carbs are missing. So, don't do it.

Meso and Endo is a different story. I always have believed in and advised clients that have above 16% body fat to do AM cardio on empty but at low intervals and intensity. Reason being that should the body be expected to perform activity at low to medium cardio (heart rate approx 50-65%), your body will utilize fat tissue as fuel or energy. Should you do high intensity running, plyos, or skipping, you can tap into muscle tissue. So for cardio purposes and fat loss I would say it is effective, if you can't do AM then do immediately after a weight training session or in the evening.

Is it possible to achieve finely developed abdominals without doing traditional ab work (crunches, rev leg lifts...)?

Totally. I am the most prime example...

Again it all boils down to genetics...

Ectos have abs regardless.

Meso and endos have to work hard at them;

However to fully answer your questions, yes, by doing heavy free weight compound exercises (such as Squats, dead lifts, standing barbell curls, bent over rows) you are constantly contracting the entire core area and 1) forcing a lot of pressure on your abdominal walls and

entire body, thus causing your abs to develop a lot more than the individual that does hundreds of crunches a day...

I have never really enjoyed doing abs unless I have someone to compete against. But on stage I always had the most density in my abdominals due to the ecto frame and dense compound exercises...

The most important thing people should know about working out?

Before anyone even picks up a weight or decides they want to begin the journey to making a change in their bodies they should start by doing 3 basic things that will pave the road to a successful before and after.

1) Learning their body type –growing up very skinny and participating in so many competitive sports I found it very frustrating as to why some people could train and gain muscle mass faster than others while others trained, dieted and did hours of cardio and still couldn't lose a pound. After reading what may sound corny to many (the Arnold Swarchenegger encyclopaedia) I was fascinated by the theory of an American psychologist in 1940 by the name of William Herbert Sheldon who began associating how the three body type descriptions could be modulated by body composition, and be altered by specific diets and training techniques and hypothesized how each body type could also be linked to personality types? Not only did I feel that it made sense but it became the essence of how I have developed all of my personal training programs and philosophies. If a person does not understand the ectomorph, mesomorph or endomorph body type theory they will never understand how to eat, train or condition their bodies to achieve the desired goal...

2) Get a proper body composition test done-how can you hit a target you can't even see? That's exactly what I tell clients that come in to our studio and say they just want to start doing some cardio or just try a program that someone else gave them. Firstly you should start by getting your external weight, body fat %, internal composition and girth measurements...From here you can gauge where you are starting from and then have record of where you are when you reassess in 2 weeks. Maybe it's just a basic necessity that all bodybuilders have to go through but it works and keeps you on track...even if the results are bad or not what you expected, clients need to get an initial and monthly body comp done to learn where they are...

When clients tell me they don't need to do one or they are afraid I ask them, "why do you take you care in for maintenance every year, why do you have your accountant assess your finances every year, how can you ever improve your education if you don't assess where you are at on regular occasions..?"

3) Set your goals and write them down somewhere where you will see them daily.--- visualization and written goals keep you accounted and make sure you are clear of what you are actually trying to do, by when and how? You need to visually see your goals to remind yourself that you have a dream or a vision of what you want to accomplish and it has to be read every morning and every night before you go to bed to set your subconscious mind to assist

you when you are not conscious about it. Goals need to start physically on paper and then move mentally into your mind and subconscious so you can be aware, be accountable and make the necessary changes should your goal not be attainable.

Most important advice you would give to another trainer?

Before you begin to preach advice or dictate to someone else what they should do every trainer should try to diet and condition themselves before trying to help others.

How in the world can you teach others about dieting if you haven't dieted yourself? How in the world can you ever tell someone else how to gain mass if you never power lift? How can you ever tell someone how to do cardio at 6am before they go to work when you have never done it yourself...Too many trainers get certified, hired and then begin the preaching process when they have no clue of what to do themselves..so they should practice training and dieting themselves for a period of time to learn and practice on themselves.

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

Experience, Experience and Experience. Having competed in many sports and breaking many records at very young age in competitive swimming, track and field and later on competing in 9 natural bodybuilding shows I have been training clients and managing personal training departments for over 16 years now. Having started training at age 18 and trained an average of 7-8 clients per day on a steady basis of 5x per week I have accumulated over 10,000 hours of actual hands on training experience...not only have I trained competitive clients for competition, obese individuals, pregnant females and children and I have also trained a blind person for 1 year when I was 21.

I have been performing fitness consultations since 1998 and have been assessing clients in gyms for 13 years which has not only brought me enormous amounts of experience but has also helped me learn how to associate, distinguish and recommend the best exercises, nutritional meal plans but also realize what mental blocks or distractions most people experience when wanting to begin, or surpass their current fitness level.

After assessing hundreds of clients across the city I have also been managing personal trainers since 1999 and have seen some of the most talented trainers in Toronto that have achieved success in every aspect of fitness...With 16 years of collaborative experience in personal training, nutrition counseling, fitness assessing, and managing personal trainers there isn't a body I can't change or a person I can't motivate...

Do you believe in boot camp training?

Only if it is done in small groups! Boot camp training can be effective and very inexpensive when you are placing 20-30 people crowded up in a room with one trainer but when you really break it down to whether or not the clients are actually going to get effective results? I say NO...my reason being is very simple...unless you have a specific ratio of 1 trainer to ever 3 clients all you have is a wild group of energetic clients often resembling sardines stuffed in a sardine can...

We are all built different not only do many clients require different forms of exercise to get the best results due to their body type and fitness levels but also safety has to be looked at.

How can one trainer as good as they may be split themselves evenly and be able to 1) spot and cue everyone at the same time, 2) provide proper form and technique to those that are doing the exercises incorrectly? 3) How can you challenge those that are beginner, advanced or in-between while giving everyone a safe and effective workout...let alone deal with anyone that has a pre-existing injury or just starting out?

Personal training is about exactly what it sounds like "being personalized" and tailored to what each individual needs. I've been working in the fitness industry for 16 years now and really get frustrated when clients tell me they'd rather just do a class and get faster results...

Training with a trainer should be done either 1on1, 2on1, 3on1 or as we do at Pure Motivation Fitness in small groups of 4-8 maximum...Typically large scaled boot camp sessions only benefit those that are advanced because if they know proper form they are able to do all of the exercises at full intensity while others either struggle just to get a good view of the trainer in the front row or trying to watch the person in front of them who if is doing the exercise wrong will leave the newcomer learning bad habits...

There are certain memories, occasions, or success stories that tend to mould us and ignite the passion for our career what is one that you hold dear?

My first bodybuilding show...not only was I teased and discouraged by many of those in the gym that I trained at but many of my training partners didn't understand either why I was doing one or what was involved...all I used to get was "common man do you really think you can win a show naturally?"

The more I heard this the more I became fueled to train harder, diet with more precision and practice to be the best I could be. After winning my first show and coming 1st place overall and best poser many of those that gave me negativity began coming up to me and asking me for advice...this is when payback and victory became even sweeter...

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

Yes but only to a certain degree. You can build callisthenic strength with your own body weight, you can build cardiovascular strength and increase your endurance but in terms of physical strength that can be measured in weight- NO! Many people have gained mental strength by walking on fire and nails and breaking bricks which is enormous amounts of mental strength but the human body- both the skeletal and musculoskeletal system require progressive overload in terms of weight so the muscle can work in both eccentric and concentric motions to build bone, joint strength and muscle strength...you can't increase your bench press or squat by doing hundreds of bodyweight squats or pushups. You need weight to gain physical strength.

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

I think it is amazing and can be very effective, fun and cost effective...However if you have two individuals that are both motivated and serious it makes it really easy. If you have one person that is always late, complains or brings resistance the sessions become harder to work at. Two on one training is something that we specialize at PMF and have had success with hundreds of clients...It actually makes both parties work harder because they can feed off each other's intensity, drive and passion to achieve results...It's up to the trainer though to be educated, and well versed in handling two people at the same time...To get a taste of what professional 2on1 personal training is all about come to Pure Motivation Fitness to see for yourself...

Greatest mistake most trainers make?

Not reassessing their clients every two weeks! This makes me so pissed because your job is to provide results, and what kind of results can you provide when you don't even know what's going on?

How the hell can you motivate someone when they don't even know that they have lost that 1 stubborn pound or lost 1 inch...also trainers don't quiz their clients during the session about nutrition or probe to determine what they are doing on their off days...your job is to be a role model, leader and mentor so how can you do any of these when you only speak, or see your client on the occasions they train with you?

Trainer client relation and results all go hand in hand because those trainers that struggle to renew their clients and often ask why their clients don't renew should really reconsider what field they are in.

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

Body building, weight loss and performance nutrition...maybe not holistic nutrition because that's not what I'm certified in but if someone wants to gain size and strength or learn how to properly pose on stage I have done this many times and helped many other so I'm very confident in it have years of personal experience...In addition providing the right motivation or mental inspiration to help empower, educate and inspire clients to be better than they ever dream

Do you specialize in one-on-one training or group training—do you feel one is better than the other, and how did you settle on this vantage point?

My personal training company Pure Motivation Fitness has been known across the city of Vaughan and the GTA to specialize in 1on1, 2on1, 3on1 and small group training...I have designed a system that could easily allow two clients that are wishing to have completely different results (weight loss and weight gain) be completed in the same hour.

I feel that if someone has goals to achieve with another person they should ultimately do 2on1 or small group especially if they are outgoing and like to have fun. For those that are more private, introverted or just starting out with very little experience 1on1 is the best root.

WORDS TO LIVE BY...

"There are 24 hours in a day, what's your excuse for not training?"