

MAGNUS HAMILTON

'the trainer of champions'

A.C.E Certified Personal Trainer

Mr. Ontario (Novice Div) 1993

Mr. Toronto (Novice Div) 1993

Renegade Wrestling Alliance in Brampton, On

East Coast StrongMan Competition 3rd place 2000

5 time Heavy Weight Canadian Pro Wrestling Champion

Private teaching experience at Hart Brothers School of Wrestling In Cambridge, On

11 yrs (1996-2007) on the Pro Wrestling Circuit (ECW, WCW and many other international companies)

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STRENGTH, PASSION, CONVICTION

QUESTIONS FOR THOUGHT

What in your recommendation is the best type of exercise routine to do when training a male/female couple?

I would definitely have each person performing a different exercise at the same time in close view of one another therefore implementing active rest (minimum rest between sets), no time wasted on changing resistance and enabling each person to work within their own fitness level. One would be doing dumbbell squats, while the other performs a bent over row for example. It's fun, full of cardio and most importantly they feel like they are working out together with no impedance on the other's performance level.

What's the biggest mistake men make when they are power lifting and how can they avoid that and be better?

This is a 2 part answer. 1. You must check your ego at the door. It's very typical for most men to select weight that is just too heavy. They lift with their eyes. It's important to remember that it's not how much you lift it's how well you do it. 2. Often time's men have a tendency to hold their breath through the movement. Doing this will create way too much internal pressure and can cause injury, not to mention a light head. Make sure to have your mechanics spot on, train through realistic movement and breathe out upon exertion.

There are certain memories, occasion or success stories that tend to mold us and ignite the passion for our career. What is one that you hold dear?

Wow! This is a great question for me, because after 15 years in the business, I just had the greatest example of this kind of amazing moment this past winter at a local supermarket. Out of nowhere, a man I barely recognized quickly pushed his buggy down an aisle towards me yelling my name practically in tears. As he got closer, I quickly realized his name was Marco Girgenti, an old client of mine from over 10 years ago, who was now very lean and fit, far from the 160lb HEAVIER man that I knew a decade ago! Excitedly, he professed how he has been looking for me and was anxious to personally thank me for being his first impression into fitness and helping him lose his first 60lbs. He ran into the parking lot and brought back his book called "Starving to be Fat" and showed me the page where he mentioned my expertise and positive influence. After that, we were BOTH in tears and I knew then, more than ever that I do what I was meant to do. Helping others achieve physical, emotional and mental strength and confidence is my passion and mission in life. Now Marco and I and our respective spouses (also in the fitness industry) speak often in local seminars. You never know the magnitude of your affect on people. I always put my best training face forward!

How would you personally screen trainers coming into the industry?

Funny you should ask, as I'd love to begin a Training Academy one day to help novice trainers learn how to make this a real profession and solid career move for themselves. First and foremost, they'd have to train me. They need to display their level of theory and knowledge and I'd have to see their application of that knowledge in a practical way. Good trainers need to be strong communicators, knowledgeable in their field and can combine dynamic energy, motivation and compassion in one full hour. I'd create a couple of average scenarios that are typical of the clients they'll get and see what they say and do. What is on paper is just not enough in my opinion.

What is the most annoying act displayed by trainers around you?

I have zero tolerance for the "walking office" mentality that you see around occasionally. Cell phones are an absolute no-no while with a client except for a dire emergency. When you consider that someone is paying you on average of \$2 a minute...undivided attention is a MUST and is always expected from your clientele.

What is the most important advice you would give to another trainer?

I would advise them to remember that you need to get innovative and specific with your exercise programs. No two people should be shown the exact same program. The word "personal" in personal training should be taken seriously when program designing. And I highly recommend that we all keep in mind, that training clients like we would train ourselves is very typically the wrong approach. Try and go back in time and recall how you felt when you started out in fitness. Have empathy towards possible intimidation, embarrassment and various physical limitations. A woman doing stiff legged dead lifts in front of a row of treadmills is probably not ideal. Be mindful.

Do you see yourself training in 5 years? If so, in what capacity?

I think for quite a while longer, I will certainly have a loyal client list, but I am also very interested in helping to unify some standards in the industry. Back to my thoughts of a Training Academy, I really would like to work with great, up and coming trainers thirsty for detailed knowledge on how to make it a great profession for themselves! I aspire to coach others to be better!

Do you believe in weight training for children?

Yes I absolutely do! As long as they are under supervision and guidance from a professional and exercise using minimum weight (there's a lot they can do using their own body resistance) with maximum control, this can do nothing else but create great muscle memory that will be with them forever in their future sport endeavors! I actually just received a wonderful little note from a ten year old girl thanking me for helping her with her exercise goals. She talked about how getting stronger mentally and physically has really helped her with a bullying issue at her school. That letter I'll have forever.

Do you work in conjunction with any other professionals for the benefit of your client, is it done enough, do you think more trainers need to do the same?

As a matter of fact, my wife is also a professionally certified trainer, and nutrition consultant, formally educated in the Health Sciences. As well, she is a Homeopathic Doctor. Our mobile health and fitness business is called On The Move. Whatever I can't assist with concerning a client, she sure can. Two brains are better than one. Not everyone can be an expert in everything. Our mission is to combine our expertise the best way we can to help people live healthy, happy and pain free lives. I do believe trainers should be open to an integrative approach to their client's health and fitness goals. They don't necessarily need to marry that person as I did, but expand their referral base is necessary I think.

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

I would have to say my expertise lies within the post injury/surgery client. Exercise conditioning for muscle and joint recovery is something I know all too well as a retired professional wrestler. I have 9 surgeries under my belt from a high impact sport. I know what it feels like to be a little laid up. I have the empathy and experience to treat most joint trauma with effective physical rehab.

Have you ever had to treat an incurred injury on the spot?

Yes I have. Fainting and or dizziness may not be an injury per se, but it sure happens a lot. I spend a lot of time educating my clients on proper hydration and adequate fueling before and after a workout. To help with immediate dizziness, I find that getting the client to lay supine with their legs up on a ball or a bench is ideal. Getting the blood flow back to their hearts and brains is pertinent

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

I do all of my work one to one. That's just my personal preference as I do believe that group training is effective too. I'm very busy, so my clients are fairly back to back at the gym, and I like the different energies each brings to a new hour!

WORDS TO LIVE BY...

“You can't achieve if you don't believe...”

