

# MICHAEL JACKSON

*'the long-standing pioneer'*

Personal Trainer Specialist  
Strength and Conditioning Specialist  
Nutritional Management Coach

## DETERMINED, PERSONABLE, OUT-SPOKEN

### QUESTIONS FOR THOUGHT

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**Is walking around 'showroom' ready necessarily healthy?**

Most people that do have to get their body ripped or pumped have to get ready for a showing have to go on an extreme diet sometimes for 8-12 weeks. If you do that for much longer it is dangerous because during your preparation you are dehydrated and suffering from malnutrition. During that time you lose concentration, focus, suffer with mood swings and you are actually physically weak.

**Powersquats seem to be the 'in thing' right now. Should you do them if you suffer with knee/knees pain?**

Definitely not all, all you will do is make them worse. Proper technique and matched leg placement is essential in power squatting, and if you have bad knee/knees, your technique gets compromised. Even if only one knee is weak, often you start applying much more stress to the good knee, then both knees end up suffering. For a good replacement, try a leg press machine.

**Word of advice for other trainers?**

Get back to basics! Especially with new clients, stay away from highly technical actions and activities. Instead of pushing fancy routines on them, pay more attention to what the client's body actually needs then build them up with good basic fundamentals.

**What do you think of trainers/programs that push clients constantly beyond their limits to gain success?**

Incorporate things into people's lifestyle that they can maintain during their regular walks of life. Get them on a routine that they can comfortably maintain on their own. You keep pushing them outside of their means, their bodies and determination won't last.

**Word of advice for clients?**

Working out driven by emotion is not always necessarily a good thing. A lot of clients come in with short term goals: e.g.: depression, just broke up, lost their job. And they come in and work out like there's no tomorrow. Then all of a sudden things their life starts to smooth out and they return back to a state of normalcy. When that happens, all their intensity and hardcore dedication starts to dwindle. Ease into it, find a comfortable gear and keep coasting at that speed.

**Biggest challenge you face?**

Having clients realize and fully embrace the importance of combining proper nutrition with fitness. You can't have one without the other.

**One change you would like to see implemented in the industry?**

I would like to see the industry regulate and make training more affordable to the average individual. When trainers overcharge for their services, it not only affects the individual but also the industry. If we really care about their welfare, make training, like education, more accessible to all so more will be able to do it.

**Can one get strong without lifting weights?**

Of course, look at somebody like Tony Atlas. He built up his body with the use of plyometrics, isotonic and isometric. And he is considered to be a pioneer in the industry and set the framework for much of training as we know today. If it worked for him, surely it can work for us.

**What do you think of strength training with weights for children?**

You must remember that usually under the age of 14 most children's bodies are still growing, developing, and their growth plates are not fully engaged. Even though they may appear to be grown, their internal is still the same. Go see a professional that can help you with proper strength and conditioning, and in the meantime they can do activities like plyometrics, cardio, and core strengthening.

**What do you think of the use of stimulants for a workout?**

That's a very subjective question. But for anybody, they must watch how they use anything and know the side effects—especially beginners. One thing is people have to really look out for is that when stimulated you can be so charged that your technique and control start to suffer, and that will lead to injury.

**How do you stay above and beyond the rest?**

I get results. Plain and simple. Not much else to it. People far and wide over a test of time come to me and they get what they want. I Train!

**Biggest lesson you have learned throughout your career?**

People lift way too much than needed. Learn to stay within you limits and focus on your form and ability.

## **WORDS TO LIVE BY...**

*“Nutrition, exercise, and rest!”*