

Originally, New York personal trainer, Jonathan Angelilli, began working out because he was scrawny. He found a gym and went to town on building the

ed over my head and I thought 'I really can give something back'."

The first thing Angelilli did was to get certi-

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"My goal with clients is to inspire them while teaching them how to remain injury free."

kind of body he could be proud to display. "It wasn't out of vanity as much as it was out of just wanting to be a normal weight while having enough muscle to feel good about my physique," says Angelilli.

Then, about four years into his own training, he started feeling unfulfilled. Not because the results weren't coming fast enough—they were. He was feeling unfulfilled because it was all about him! "At that point," says Angelilli, "I thought that I had accumulated enough experience and knowledge to help others. And when people would approach me with positive comments, or ask me what I was doing to achieve my own results, a light bulb ignit-

fied by a few different personal training institutions. In some states, certification is a requirement before any trainer can hang out a shingle for business. And in states like New York, having certification is a real boon to business. "It's a competitive market and it's great to be able to say that you're certified," says the native.



JONATHAN ANGELILLI

Certainly, Angelilli knew a great deal about weight training, diet and cardiovascular training to help anyone, but having credentials merely cinched the deal for those clients who seek credibility,

as well as a good physique, in a trainer.

Now, training clients isn't just a means to an end or a quick way to make cash, it's a pro-

fession and a lifestyle for Angelilli. And forget calling him "just a trainer"... Angelilli prefers the term "movement-coordinating psychologically oriented lifestyle consultant". But before you assume that he takes himself too seriously, Angelilli is quick to add that he considers himself part motivational coach and mentor...and part court jester.

"You have to make training fun for the average person," says the 23 year old guru, "while making each client work hard for the goals they say they want to achieve." All a client needs to do is help Angelilli get a clear picture of the body they are after, and he'll go to work on designing a way to make it happen!

Unlike some trainers, Angelilli isn't the sort to stand by his clients, staring off into space as they do one more ill-conceived rep on a Nautilus machine. He believes in getting his clients up and moving. "My philosophy is to get the sedentary masses up and moving, not sitting on machines isolating individual muscle groups. The body is a dynamic unit and while isolation has its place for specific development, what most people want is nice shape and lower body fat. Moving while training helps them do that!"

Angelilli uses a multi-disciplinary approach which consists of yoga, circuit training, aerobics, calisthenics, strength training, stretching, Olympia weightlifting and exercises are multi-planar proprioceptive movements (balancing the core – such as doing light weight squats on a balance disk).

So what makes a good trainer a great trainer in Angelilli's

eyes? "I think being eager and hungry on behalf of your clients is truly important. That means being excited for them when they make progress and wanting to see them succeed as much, or more, than they do. They may not know what they can achieve, but because I do, I can see what's in store for them if they work for it," says Angelilli.

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Ever energetic, Angelilli also believes in keeping abreast of current information, and cutting edge technique, so he does plenty of research. "Research has become my passion lately, because it helps me find new ways that my clients can reach their goals. Everyone prospers if I can do that. Plus, there's something really amazing about turning your clients on to healthy living."

Clients may come in many shapes and sizes, and come into the gym each day displaying a myriad of moods, but Angelilli considers it his job to field everything with grace and aplomb. "My clients pay good money for my services, and if they need to talk to achieve better focus, that's all a part of how I define my role with them."

What's Angelilli's bottom line as a trainer? "I think my bottom line philosophy is that I have to be the example that these people don't yet have in themselves when they look in the mirror. If I want them to eat healthy, I better look like I do, or they won't have any faith

that it's a good road to go down."

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