

COOKIE-CUTTER PROGRAMS

(mmmm, cookies... im hungry!)

By Fritzie Villegas (April 2008)



Fitness boss (left): Jackie Warner is the owner of the Sky Sport and Spa on Bravo's Workout. Food Lover (right): Local coach Fritzie Villegas can't believe what goes on at the Sky Sport and Spa on Bravo's Workout **WOW!!**



Dating game: Jackie and her trainers (pictured: Agostina, Greg, Jesse, and Renessa) spend more time trying to sleep with clients and each other than anything else.

START VENT.

"Hey Fritz, you're just like Jackie Warner." That is the biggest insult anybody can give me. For those of you who are fortunate enough to not know who Jackie Warner is, here's a brief background: *Work Out is a reality television series on the Bravo Network. The show is centered around Jackie Warner, owner of a gym and spa in Beverly Hills, California. It features many of the trainers who work for Warner, aspects of the gym and its clients and Jackie's other fitness ventures. Most importantly, it covers aspects of Warner's private life, such as her openly lesbian dating and romantic life (translation: drama, more drama, and some more drama).*

As a fitness professional, I try to avoid watching such shows as "The Biggest Loser" or "Celebrity Fit Club" because I usually end up pounding my head against the wall. However, like a moth to a flame, I was compelled to watch "Work Out". Any show which depicts two chicks making out every episode should be nominated for the Nobel Peace Prize, but since the show basically makes me want to throw an ax into my TV, it kind of defeats the purpose. I'll never get those precious minutes lost from watching the show and I also need a new television.

On most weeks, I watched bits and pieces of the show (namely because of the Angelina Jolie "look alike trainer" and the "feisty one" – *see pix below*) for about five minutes. By the fifth minute realize I don't completely hate myself and should not punish myself any longer by continuing to watch the show. The very next day, I'm usually motivated to go to Barnes and Nobles to hang out for a few hours and actually

learn something new and useful. What don't I like about the show? Dumb and retarded trainers (see *pix below*) who give REAL trainers and coaches a bad name.



LEFT: Rebecca (far left) <http://www.rebeccacardon.net/> Ericka (far right) <http://erikajacobson.com/>
RIGHT: Jackie and Jesie posing and working out at the same time (excuse me while I puke)

Personal training and coaching of athletes is a tough business. The media and stupid so called reality show portrays it as a glamorous (who the heck wear jeans and cowboy boots to train?) job catering to the rich and famous (80% of my clients are real world people with real jobs). It is not "all champagne and caviar" (by the way, why does it seem like alcohol is part of every single Work Out episode?). Many people assume that all a trainer/coach does is count reps and sits with a clipboard in hand. There is a lot more to the profession. (*Read the article Work Ethic*). Unfortunately majority of the trainers/coaches is what I just describe. A bad trainer is the one that counts reps with a monotone voice and throw in the token "all you, two more, looks good" (while staring at the TV or at a hot girl that just passed by). I can narrow down five qualities that can separate a mediocre coach/trainer from a great one: must be knowledgeable, passionate and driven, must inspire even the lowliest, and they must be able to deliver results.



Season 1 Cast

The trainers in the show "Work Out" plain and simply sucks! They use cookie-cutter programs with their clients. Even worse, the trainers are having their clients perform exercises where they're sitting the entire time. These trainers have no clue when it comes to "corrective exercise" or how to apply it properly. I often see trainers take a client with a history of low back pain and put him/her on the leg press, thinking that it's a safer alternative. When in fact, it's probably the worst thing they could be doing with that particular individual. I can grab any magazine and see do the same workout the Jackie and her pricey trainers do (If I read the magazine at the store, I'll be getting it for free).



Season 2 Cast

It should be no secret that what works for one person may not work for the next so why are the trainers at Sky Sport not designing individual programs (*Read My Philosophy*). I think they just don't care enough or are too lazy to actually learn how to design their own training programs. I hope they don't just regurgitate programs from fitness magazines or books that they have read. A good trainer does not apply the same workout to every client they work with because training history, health history, or any consideration towards one's weaknesses or postural/musculoskeletal imbalances that may exist are different from one person to the another. In the end, trainers *need* to get people moving, and we also need to write programs that are catered to *them* and their individual needs– not just some program printed off a website.

END VENT.

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7. **Hit a plateau:** You need to jumpstart your routine and your mindset.
8. **Workout safety:** You want to learn the proper, safe form for various exercises and equipment.
9. **Lose weight, gain muscle:** You're wanting to drop some weight or add definition.
10. **Structure:** You're having trouble exercising regularly on your own.

"Whatever you're doing in life, I want to help you do it better."
-Fritzie Villegas

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