



Richard Jacklin

PERSONAL TRAINER & POST-REHAB CONDITIONING SPECIALIST

PHILOSOPHY

Personal training has progressed from the days when it was synonymous with “body building,” endless repetitions, and five days a week in the gym. Medical research now enables us to train safer, smarter, with less time invested. In a method widely used by rehabilitation facilities, **very slow, controlled** repetitions with progressive weights are utilized to isolate and exhaust muscle. By doing very slow reps, the momentum of a fast rep is eliminated, thus engaging the **entire** muscle. Resting is equally important. For fat loss, repair, and growth, the muscle must have time to heal and rest, which is why training is done only one hour twice a week, or every third day. This method has gained widespread acceptance with many workers’ comp insurers as a safe, effective way to “bridge the gap” between health care and fitness for injured employees.

CLIENT BASE

All fitness levels. As a certified Post-Rehab Conditioning Specialist, some clients are referred by employers or their insurance companies following an injury, and stay on following work release to continue gaining strength and prevent re-injury. Some personal training clients want to gain a sports edge, or maintain or improve mobility as they age, some may want to feel stronger, burn fat and increase stamina. Programs are developed based on a client’s health history, age, and fitness goals.

EXPERIENCE AND CREDENTIALS