

# Training Days

Getting in shape for summer doesn't have to be brutal.

**T**rainer J.J. Flizanes has seen the results of poor fitness training. Most trainers take every client, from beginners to professional athletes, through a painful regimen that startles the body, is impractical to maintain, and may even cause injury. For some, the experience is so unpleasant they never return to working with a trainer again.

"All personal trainers are not the same," Flizanes said. As the former director of education for New York Sports Clubs, she should know. She's gotten a behind-the-scenes look at the fitness industry and knows its weaknesses.

When Flizanes founded Invisible Fitness in Southern California a few years ago she decided that her personal training service would be built around an appreciation for individual needs and body types. It works.

Her clients have lost weight, gained strength, flexibility and endurance, and improved their health – without risking injury. If your goal is to shape up quickly for summer, you can too.

Before they ever get you moving, Flizanes and her staff explore your individual strengths and weaknesses, diet, prior injuries, emotional state, fitness habits, body fat percentage, workplace stress, cardiovascular and skeletal condition, and even family history.

Then they develop a personalized training calendar pulling from a wide range of disciplines, including kick boxing, yoga, Pilates, aquatics, weight training, sports nutrition, and kinesiology. This cross-training approach keeps your workouts fresh, and avoids overtraining. Your workout is optimized to prevent joint, connective tissue or skeletal system injury.

"If you're ready to re-create yourself," Flizanes said, "We're ready to make it happen."

Find out more about  
Shaping Up for Summer

J.J. Flizanes  
Invisible Fitness  
Phone: (800) 571-5722  
Website: [invisiblefitness.com](http://invisiblefitness.com)



# Thank You!

Dr. Chavez and the Pain Institute at  
Little Company of Mary . . .

**I've regained my health and my life!**



After 20 years of suffering from chronic pain, I felt like my life was over. The pain in my body was so terrible, I was in the emergency room once a week, unable to work, unable to live my life and severely depressed.

Then I came to Dr. Rick Chavez at the Pain Institute at Little Company of Mary and put my medical care in his hands. Dr. Chavez prescribed a revolutionary new treatment that has been used successfully to treat chronic pain for two years.

Today, I have my life back! I am pain free for the first time in 20 years, working again and enjoying my life. Thank you, Dr. Chavez and the Pain Institute at Little Company of Mary.

John Addeo

The Pain Institute offers a tradition of compassionate care and treatment in a healing environment. We have both traditional and alternative therapies.

- Pain Management
- Chemical Dependency
- Wellness and Alternative Care

Pain Institute at Little Company of Mary  
Rick Chavez, M.D. – Medical Director  
510 N. Prospect Ave., Suite 209  
Redondo Beach, CA 90277  
[rickchavezmd@aol.com](mailto:rickchavezmd@aol.com)  
Website: [lcmhs.org](http://lcmhs.org)  
Phone (310) 798-1633



*"We are here . . . for the journey"*

# Stretch It Out

Surfing can be a punishing sport, resulting in neck, knee, back and shoulder injuries. We met trainer J.J. Flizanes and surfer Gustavo Salazar at El Porto and ask them to run through some simple stretches and exercises to help surfers avoid injuries in the water. For more on sports-specific exercises, visit [invisiblefitness.com](http://invisiblefitness.com).



**Advanced Pilates ab:** Grab knees and pull into chest. Make sure you are pushing your back into the ground.



Now extend arms over head and legs in the air while pushing lower back into the ground. Pull the arms and legs back into the center and repeat 15-20 times holding each pose for 2 seconds. Repeat 2-3 sets. Primary muscles are rectus abdominus and obliques.



**Superman:** Start lying face down with arms over your head. Lift arms and legs off the ground and hold for 2-3 seconds. Repeat 15-20 times, 2-3 sets. Primary muscles worked are the quadratus lumborum (lower back) and erector spinae (muscles lining the spine).



**Chest press:** in a slight lunge, position the body as upright as possible to start. Abs in, chest up, shoulders back and down. The tubing/resistance should be in the same motion line as your bent arms.



Now straighten the arms out in front of you at chest height while keeping the body tall and shoulders back. Works Pectoralis Major, Deltoids, Triceps. Do 3 sets of 20-25 slow reps.



**Squat:** Start standing with feet a little wider than hip width apart. Sit back as if you are sitting on a chair behind you. Bend as far as you can, hold neutral spine and come back up. Each rep should be done in 4-6 seconds. Do 20 reps, 3 sets. Works quads, glutes and calves.



**Lunge:** Stand with one foot in front and one foot in back about hip width apart, toes facing forward. Bend the front knee slightly and lift the back heel. Lower the back knee towards the ground. Lean upper body over back leg, keep spine straight. Do 2-3 sets, 15-20 reps. Glutes, quads, calves.



**Pushup/Plank:** Arms should be under your shoulders directly, not in front of you. Spine should be long and straight. Keep your pelvis in line with your spine.



Now lower yourself slowly down by bending the elbows only (not your back). Slowly lower for 2-3 counts and push back up. Do 3 sets of 10-15 reps.



*Now the fun part. Gustavo takes off.*