

“Six months before my wedding, I enlisted Ivan in a battle at which I was failing. At my wedding, the only thing exclaimed almost as often as congratulations was what did you do – you’ve lost so much weight.”

Statistics			
	Before	After	General Population
Aerobic Fitness Level (Recovery Heart Rate)	94	82	119
Waist	30.5	28.5	---
Hips	42.75	41.25	---
Body Composition	37.5%	34.8%	---

"Six months before my wedding, I enlisted Ivan in a battle at which I was failing. At my wedding, the only thing exclaimed almost as often as congratulations was what did you do – you’ve lost so much weight. I wish I could post a video of my wedding as a testimonial of Ivan’s dedication, knowledge, and motivation. Because I’m so happy with what we accomplished, I have continued to train with Ivan now that the wedding is over. Ivan’s passion for what he does is reflected in his workout sessions with clients. His drive to know more about what he is doing – new machines, how our bodies work, nutrition, etc – make for a trainer who is a real expert in what he does. What he practices he understands in an academic sense – I think that his MEd in sports science and that he has been published in a scholarly journal attests to that fact more than I can. As a person who competes in strength competitions, he is often struggling to meet his own goals, giving him firsthand knowledge of how hard this can be. While I am not competing at a professional level, what he does is relevant to what we all go through in training. He changes our routine constantly and I’ve learned that each machine has an unending number of uses in the hands of a creative, knowledgeable, and dedicated trainer. I particularly have benefited from a combination of strength-training and interval training he prescribed for me. I’ve enjoyed watching my progress through the strength tests and body measurements he does periodically. It has given me a way other than the scale to monitor and understand my progress. And, he has always been willing to target our workouts to a new goal. After the wedding was over, I turned my sites to the Crescent City Classic and our training reflected my new goal. Most importantly, Ivan has given me a renewed sense of confidence and physical health. Perhaps vainly, I also do it because I like the way I’m looking these days. Thanks to Ivan, the battle at which I was failing has become a battle that I am happy to fight."

--- Stephanie, 33, Writer & Editor

"Ivan keeps workouts interesting!"

Statistics		
	Level	General Population
Resting Heart Rate	55	74
Aerobic Fitness Level (Recovery Heart Rate)	85	116
Body Composition	20 %	23 %

	Before		After	
Bodyweight	212		196	
	Right	Left	Right	Left
	12.5 in	12.5 in	12.75 in	12.75 in
Tricep Skinfold	13.75 mm		8.5 mm	
Pull-ups	0		2	

"Training with Ivan over the past year has improved my golf game and my posture, lowered my body fat and increased my core strength. At the age of 53, I feel younger and more limber than I have for years. The best part is, I enjoy the training sessions. Ivan keeps them interesting by constantly changing the exercises, and developing new ones. He truly gives "personal" training sessions, designing a combination of strength building and functional exercises for each session to work on my particular needs, and to build on what I've already accomplished. When I started, I was skeptical that my strength and appearance would noticeably change—they have. This year, I've substantially raised my goals and expectations, and while I may not be drafted to model men's athletic wear, I'm hitting the golf ball farther, running again, and for the first time I can do a few pull-ups."

--- David, 53, Attorney

"Ivan has a talent for developing exercises to target specific muscles."

Statistics		
	Level	General Population
Resting Heart Rate	63	74
Aerobic Fitness Level (Recovery Heart Rate)	91	120
Body Composition	19 %	31%
Upperbody Strength (Push-ups)	24	13

"I had just about decided not to buy any more sleeveless shirts or dresses, and resign myself to shapeless arms, when I started to work out with Ivan. He insisted that I did have muscles throughout my body, and that with some coaxing, they would become stronger and more noticeable. Amazingly, he was right, and at fifty +, I find that I am more fit than I have been for most of my life. The changes began immediately. Ivan has a talent for developing exercises to target specific muscles. No doubt his body-building competitions contribute to this ability, as well as his studies in exercise physiology. Many sessions with Ivan also develop into mini-lessons in motivation, positive thinking, or good nutrition. Whatever my mood, my workouts with Ivan are a positive part of the day.

I know that he is putting his best efforts into developing my potential--how can I do less?"

--- Julie, 50+, Attorney

"My hard work with an experienced trainer translated into big results on the football field."

Statistics		
	Before	After
40-yard time	5.9-6.0 s	5.0-5.1-s
Back Squat	95-135 lb for 10-12 reps	225-255 lb for 6-10 reps

1-Arm Dumbbell Row	30 lb for 12-15 reps	60-70 lb for 8-10 reps

"I began working with Ivan in the Fall of 2007, at the beginning of my junior year of high school. I was trying out for the football team, and wanted to get myself into good shape. I got a good feeling from our very first workout--a feeling that Ivan knew what he was doing. We talked about why I was there, what I wanted to achieve, and how we would do it. And then, simply put--we started doing it. My workouts with Ivan were fast, fun, and satisfying. He knows how to be your trainer, and also your friend. I always left feeling satisfied--and within a few weeks I began to see results in my body. When I found out what position I would be playing in football (defensive tackle), Ivan modified our workouts to include football drills outside on the field to improve my skills. When I was out of town during the summer, Ivan wrote me an awesome workout plan I could do on my own--and even included some motivating quotes!

When I finally started playing games in the Fall of 2008, I had become a monster--the quickest, strongest, and most explosive I've ever been in my life. My hard work with an experienced trainer translated into big results on the football field. I quickly became the team's dominant defensive force, easily finishing the season as the team's leader in sacks and a close follow in tackles, including a season-high of six sacks in one game. Ivan even came out to see a few of my games. One remarkable thing about my success is that I don't consider myself to be very interested in athletics. My primary interest lies in creative writing, and I've won almost \$4000 in writing awards over the past year. However, I was able to have great success on the football field with just one or two short workouts a week with Ivan.

I have absolutely nothing negative to say about my time with Ivan, and I'll carry the physical and mental benefits of my training with him for years. I also just feel like I know *how* to work out now--what my approach should be, what muscle groups to work, and how to get the results I want. I would highly recommend Ivan to any person who wants to improve their body and their life. I feel confident in saying that you will get what you want when you work with Ivan."

--- Tim, 17, Student

"I have certainly benefitted from Ivan and will continue to use his teachings in my 'between session' workouts."

Statistics			
	Before	After	General Population
Bodyweight	217	210	---
Aerobic Fitness Level I (VO2)	~ 47	~ 59	~ 46
Aerobic Fitness Level II (Recovery Heart Rate)	143	108	---
Waist	38	36	---
Push-ups	6	8	---

"I have been working with Ivan for less than 6 months, but notice a tremendous difference in overall body tone and strength. Ivan is able to target the same muscle groups with a varying routine. The end result is improvement without boredom, and this permits me to approach each exercise with enthusiasm. He also mixes many strength

sessions with cardio, so I have a balanced workout. I have certainly benefitted from Ivan and will continue to use his teachings in my ‘between session’ workouts.”

--- John, 56, Physician

“From overall gains in stamina and strength to sleeping better at night, I feel better than I have in quite some time.”

Statistics			
	Before	After	General Population
Bodyweight	195	182	---
Aerobic Fitness Level I	196	160	---
Body Composition	22.5%	14%	20%
Waist	34	29	---
Push-ups	4	9	---
Pull-ups	0	4	---

“I have been training with Ivan for a little more than six months now and I have to say that he is one of the best trainers I have ever worked with. Workouts are tailored to my goals utilizing a variety of different exercise styles instead of using the same generic routines over and over again. He continually adds new exercises to keep it interesting and is one of the most motivating trainers I have worked with. He gets to know his clients in such a way that he is able to push each to their full potential. I am truly amazed at the differences I have seen in myself in the short time I have been working out with him. From overall gains in stamina and strength to sleeping better at night, I feel better than I have in quite some time. I am looking forward to continued workouts with Ivan and the changes yet to come!”

--- Joseph, 34, Physician

“Ivan motivates us in the gym as well as the kitchen!”

Statistics			
	Before	After	General Population
Bodyweight	129	124	---
Aerobic Fitness Level (Recovery Heart Rate)	101	94	119
Waist	28	25.75	---
Push-ups	20	22	20
Body Composition	28.1%	24.7%	---

“Ivan makes the time spent working out double as time to discuss nutritional values of different foods, how to

incorporate them into your lifestyle, and how to go to those festivals in New Orleans without destroying your achievements in the gym. Ivan has been a great motivating force to keep my eye on the goal!”

--- Nicole, 33, Physician

“Ivan is not only an extremely knowledgeable and professional, but he has taken the time to get to know me personally.”

Statistics		
	Level	General Population
Body Composition	10%	16%
	Before	After
Push-ups	8	23
Bone Density	---	Improved 8%
Pull-ups	4	8

“Ivan is not only an extremely knowledgeable and professional, but he has taken the time to get to know me personally. I started seeing him once or twice a week because of osteopenia (early onset osteoporosis). He surprised me with how easily he came up with a solid core of exercises to increase my bone density. After a year, my condition had improved dramatically. He is creative, motivational, and completely understanding. Recently, somewhat on a whim, I decided I wanted to run a half marathon. When I told him I wanted to run, I believe his exact words were "Let's do it!" He helped me one hundred percent of the way. He even came out to the race to cheer me on and watch me finish. Ivan is not only a top-of-the-line trainer, but a great person. We joke with each other, we have fun, but I know I am getting one heck of a workout with him that is perfectly suited to my needs to get me in top shape physically and mentally.”

--- Tom, 18, Student

“Motivation is the key to success and Ivan has what it takes to produce results!”

Statistics			
	Before	After	General Population
Bodyweight	246	241	---
Aerobic Fitness Level I	108	91	112
Body Composition	24.5%	22%	22%
Waist	42	39.75	---
Push-ups	10	16	---
Inverted Rows	2	14	---
Resting Heart Rate	74	64	72

Training with Ivan over the last 5 months has been invaluable. His daily workouts are tailored to fit your specific needs, and just when you think you have mastered one exercise he has something else to challenge you. He has a great deal of knowledge and shares this with you explaining why each exercise is important and what it will accomplish. I have also learned more about weight lifting in the last 5 months and now realize that it is not heavy lifting but smart lifting that will help me achieve my goals, and as Ivan teaches, proper form and technique are paramount. Motivation is the key to success and Ivan has what it takes to produce results!

--- Will, 40, Sales Manager