

Michael Chapman returns to workouts only 12 days after surgery on his right lung.



"I'm so surprised and impressed that I have been able to achieve more than my goals through training just 5 hours a week. It's been such a valuable addition to my life. The workouts make me feel great!"

Michael Chapman



Michael exercises his upper back with trainer Jonathan Gill. ^ ^ ^
This Gill's Fitness customized exercise provides perfect resistance and pace throughout the entire movement with a focus on the posterior head of the deltoid as well as the rhomboids and trapezius muscles. The use of hands to provide the resistance allows for a limitless variety of angles, ranges-of-motion, and styles of muscle loading, all critical components of effective exercise.

52 years young with muscle definition like a pro-athlete.

It was June of 2008 when Michael decided to make a change. He had never worked out or really even exercised up to that point. But he was feeling older than he should so he decided to hire a professional trainer he read about in a newspaper article a few years earlier. He started out with 3 hours a week, then kicked it up to 4 hours then 5 and the results just kept coming.

In the fall of 2010 Michael's doctor determined that he must have the middle lobe of his right lung removed. It was tough news but he was strong and ready. The surgery was a smooth success and he was quickly able to return to normal activities thanks to the rest of his fit, high functioning body. Only twelve days later he was back to his workouts at Gill's Fitness rebuilding and safely exercising the rest of his body through his customized program.



**Train for strength,
train to gain endurance,
confidence & flexibility,
train for balance & agility!**



Michael exercises his biceps & brachioradialis muscles. This Gill's Fitness customized exercise allows for ideal loading through the eccentric phase of the contraction yielding superb and consistent strength gains.