



FITNESS DIARY

Steve Ritz, Exercise Physiologist, founded Fitness First in 1998 in Chaska. His second location in Excelsior opened in 2008. Steve earned a Bachelor of Arts degree from Gustavus Adolphus College and a Master of Arts degree majoring in Exercise Physiology from MN State University, Mankato.

Steve has researched and developed a prescription for exercise requiring only one or two intense 30-60 minute appointments a week.

Read about the success of one of Fitness First's Clients...



Tony instructing and assisting Isaac perform pull-ups.

Isaac Loosbrock a 14 year old 8th grade student at Chaska Middle School East enjoys playing football, lacrosse and is also an accomplished wrestler. Isaac is a varsity wrestler (30-11 record) who qualified for the 2011-12 Minnesota State High School Wrestling Tournament.

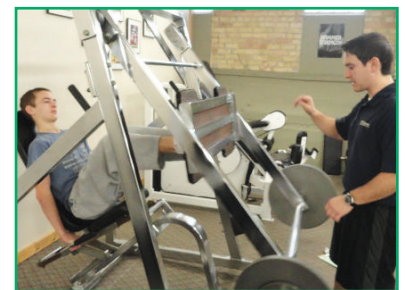
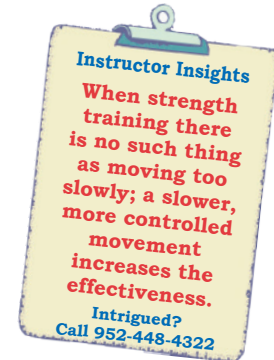
"I have been strength training at Fitness First since 2008 because my older brother and dad were training there," Isaac said. "They thought it would be good for me to experience the benefits too."

When Isaac was in the fourth grade, he dislocated his shoulder wrestling. Isaac was interested in strength training at Fitness First to improve his shoulder strength in addition to make his entire body stronger to decrease the chance of other injuries.

"The staff at Fitness First customized my program to help improve the strength and range of motion in my shoulder," Isaac said. "I have appointments once or twice every week to strengthen every area of my body. I also work with the staff during the summer to improve my agility, running form and endurance. My favorite thing about my training appointments at Fitness First is everything is geared toward my goals and personalized just for me. My brother Ethan (Class AAA all-state wrestler) and his

friend also strength train at Fitness First and have customized routines just like me."

Isaac is focused on improving his performance in his chosen sports. "Fitness First has helped my performance for all of my sports; but especially in wrestling because of the physical demands of wrestling. I am currently working on improving my strength as my body continues to develop to decrease the chance of injuries. I realize I need to be durable so I can continue to compete and perform at a high level in all of my chosen sports. I intend to improve with Fitness First helping as I progress into my high school years."



Isaac strengthening his legs on a Nautilus leg press with instruction from Fitness Specialist Tony Austad.

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