



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...



Mike Madsen performing a manual resistance neck activity with Fitness Specialist Greg Gerding.

Mike Madsen, 58, realized he wanted professional assistance to keep his body fit and pain free. "I was hit by a vehicle while riding my motorcycle in 2013," Mike said. "The accident resulted in four cracked vertebra, four cracked ribs and a shattered left arm. I was not completely recovered from the accident when I injured my shoulder while kickboxing. My wife, Nancy, has a professional connection with Fitness First Founder Steve Ritz and decided to contact him to make an appointment for a free introductory consultation.

We proceeded to purchase a package of 20 strength training appointments as a Christmas gift to each other. The gift of health made perfect sense to us and we have both been making strength training appointments at Fitness First since December 2014. I have always lived a very active life. I wrestled in high school, earned a brown belt in Taekwondo, a 2nd degree black belt in Kung Fu and participate in Fighters for Christ at our church. However, after my injuries I decided I wanted more professional guidance and structured strength training."

Mike really values the SEE-FIT training system utilized at Fitness First. "I have never experienced pain after an appointment," Mike said. "This is a huge plus for me considering my health history as a result of the motorcycle accident. The Fitness First staff does a great job policing form and technique making sure every activity is performed correctly ensuring a very beneficial workout. They do work you hard but after a few appointments I improved to a level where I only experience minor soreness the next day. The strength train appointments are also very helpful if I am dealing with a bothersome ache or pain. The Fitness First workout seems to stimulate the healing process and drastically reduces any of my aches or pains. The approach used at Fitness First has significantly improved a low back issue which has bothered me for years. I am stronger and healthier than I have ever been thanks to Fitness First."



Greg assisting Mike strengthen his shoulders on a Hammer Strength external rotation machine.

Stump The Staff
Your questions answered

Q: What is the soreness after strength training?

A: Delayed Onset Muscle Soreness (DOMS) is experienced 12-48 hours after strength training and is attributed to microscopic tearing of muscle fibers.

Activities to Reduce Soreness:

- Active Recovery
- Rest
- Icing
- Massage

BE STRONGER FOR YOUR JOURNEY

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