

**City of Cottonwood
Department of Parks and Recreation**

News Release

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“Functional Movement Camp”

Trevor Faust, Recreation Center Fitness Floor Supervisor entered a body composition program online for an intensive six month training opportunity with the focus on improving lean muscle and reduce body fat mass. This program included workout and nutrition advice from IFBB Pro Benjamin Pakulski and Kassem Hanson, Muscle and Nutrition Experts.

According to Trevor Faust, the knowledge gleaned alone from this program was vast and cutting edge. At the end of the six months training, Trevor was able to place 3rd in the program overall. He decided to take the winnings and fly out to Columbus Ohio so he could meet with Benjamin Pakulski personally and compete at the “Arnold Festival” in the Pro Bodybuilding category.

The “Arnold Festival” had over 40,000 athletes and approximately 250,000 people attending the week-long event.

While in Columbus, Trevor attended one of the “Functional Movement Camps” taught by Ben Pakulski and Kassem Hanson where he was able to discuss in-depth and learn more about biomechanics (study and function of biological systems) and how it relates to training and exercise. Benjamin and Kassem talked about how to incorporate those functions into training in order to get superior results in and out of the gym.

After the classes, Trevor was able to take advantage of a one on one session with the IFBB Pro Instructors at the gym and learn special technics and skills personally. He stated that he can’t begin to explain the value of actually going through the intense training program and all the exercises, being that it was brutal yet fun and exciting! Trevor stated that he had never exercised in this way and it revolutionized the way he thinks about exercises. Throughout the week he was given the chance to practice what he learned by coaching his fellow classmates through this superior way of training.

All in all, the program has inspired Trevor to continue the challenge by intensifying his education in the areas of nutrition, anatomy, and physiology. As Trevor explained, you can never know enough when it comes to exercise and sports nutrition.



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