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# Rivertown

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FREE

## GET IN SHAPE FOR THE NEW YEAR

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# Jim Massaro's super-fitness program turns athletes into stars

Coach Jim Massaro's Advanced Body Personal and Athletic Training Center has been a fixture at 174 Main Street in Nyack for 11 years.

"I established the first Personal Training Center in Rockland County," said Jim, the Head Strength and Conditioning Coach for Football and Girl's Lacrosse at Nyack High School.

"This year our Football Team was 10 and 2. We lost in the Semi-finals at the State Championship.

"What we do besides resistance training here is called Controlled Fatigue Training. Ori Hefmekler, an Israeli Special

Forces member and author invented the conditioning program.

"What we do now is teach clinics for high school and college athletes across the country. We take our athletes to total fatigue and then we add in the technical work."

You can tell by the success of his young athletes that the program really works.

Jim added: "You've probably noticed that in the 4th quarter of any game there is often a letdown in performance. We condition athletes so there will be no letdown. One of the ways we do that is to use strength work first to fatigue them and then we work on speed, explosiveness and endurance."

"Not actively surviving is passively dying," says Ori Hefmekler, the originator of Controlled Fatigue Training and the Warrior Diet.

Coach Jim Massaro believes you can achieve physical supremacy by getting into



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**2009**



**John Buechli does a clean and jerk.**

the Survival mode. "We need to get stronger, faster and tougher in order to better survive.

"Like other species, humans are inherently programmed with a powerful survival

apparatus. It is what keeps us alive at all times especially in times of adversity," he wrote in a recent article.

"But in today's world, this awesome innate survival mechanism is all but sup-



Left: John Buechli, who plays lacrosse for Clarkstown South is put through his paces by Coach Massaro. Right: The coach with some of his students - Kelsey O'Gorman, Mike Tracey, Katie O'Gorman and John Buechli. Below: Katie O'Gorman says that CFT has made her speedier and stronger.



pressed by our over convenient, physically passive, overly indulging lifestyle," Jim says.

"Big muscles do not always grant real power. Biologically, an overgrown muscle could be a liability in a battle. It could be detrimental to speed, explosive power and endurance.

"We have an inherent biological need for fight or flight activities. Controlled Fatigue Training (CFT) is a physical conditioning program based on Survival principles. CFT was created with the mission to tap into the human fight or flight mechanism to positively force the desired physical transformation needed for achieving peak fighting shape.

"CFT exercises combine strength, speed and velocity all together in "shock drills" forcing the body to shift into a survival mode, being able to sustain power, react to

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**Coach Massaro watches rising football star Ted Rene lift weights. Ted will be going to the NFL try-outs.**

## Coach Massaro

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change and most importantly, never give up. Come back with a vengeance even when extremely fatigued."

"If you have the courage to try CFT, if you have the heart for this - you are guaranteed to notice within a few weeks how your body is already becoming tougher and leaner and you will feel a notable increase in energy and power."

Mike Tracey who attends St. Joseph's in Monvale said he lost 40 pounds since Coach Massaro has been training him in CFT. John Buechli of Clarkstown South High School has seen a notable improvement in performance in LaCrosse.

Kelsey O'Gorman, who attends the College of New Jersey plays Lacrosse as does her sister Katie O'Gorman from Nyack High School. They both noticed their speed and leg strength has improved, especially during 4th quarter performance. Katie also plays soccer at Nyack High School.

Ted Rene who was on the Nyack High School State Championship Football Team in 1999-2000 is currently training with Jim and will soon be going to NFL tryouts. Coach Massaro also spent 9 months in California training professional volleyball players.

The Warrior Diet is a special nutritional supported package that supports performance, nourishes the body, allows healing and promotes progress under pressure. It is available at Coach Jim Massaro's Advanced Body Personal And Athletic Training Center located at 174 Main Street in Nyack. His website is [www.coachjimmassaro.com](http://www.coachjimmassaro.com).

If you would like more information on CFT please call Coach Jim Massaro at 845-358-5187. The Center is opened to men and women.

