



PHOTO: PATTY DOWD SCHMITZ

Breakaway Athletic Development founder Kevin Barcal (on left) and Breakaway trainers Tara Grundy and Eric Fuessle in front of Breakaway's new facility at 28W039 Commercial Avenue in Lake Barrington.



PHOTO: JULIE LINNEKIN

Breakaway Athletic Development founder Kevin Barcal trains Jenn Bilson using a yoga ball.

Train Like a Pro to Achieve Everyday Fitness

HAVE YOU SPENT a lot of money on gym memberships, but never seem to lose any weight or become more fit, no matter how hard you work at it?

For the past 15 years, I have trained individuals who want to become healthier and lose weight. People usually come to me after they've spent hundreds of hours in the gym, but don't seem to be getting results. Often, I find out that they're not working out efficiently.

The first thing I ask them is whether they're doing the same workout day after day. Many people get on the treadmill and walk or run for 45 minutes and do that five days a week. Or, they take a spin class twice a week. But unfortunately, our

bodies get used to those routines and they stop responding over time.

In addition, fitness isn't achieved simply through cardio. Instead, varied workouts that are a mix of cardio, strength training, core, and upper/lower work enable the body to perform at its peak functioning power and create efficiencies that allows individuals to see results much more quickly and for the long-term.

Athletes and their trainers know these secrets—that exercise is a science, and the body responds most efficiently when the right combination of exercises is used. Our specialty at Breakaway Athletic Development is training elite professional and student athletes to perform at

their peak, and I use the knowledge and experience I've gained through that process to show my non-athlete clients how to get the most out of the time and money they spend on exercise. I call it "training like an athlete" or "training like a pro," and I believe everyone can do it.

Clients of all ages who had never set foot in a gym before, never played a sport, or have never done anything physical except walking come to us. And within just a few months, I have them jumping boxes, flipping tires, and squatting with 30-lb. kettle bells, using newly sculpted muscles they never knew they had. They all tell me at the beginning that they don't think they could ever do it. But then they all do. The feeling of achievement is only surpassed by their happiness at their new level of fitness.

We're here to meet each client where they are, support their journey with encouragement, and help get them through the hard parts. You'll get a lot more out of the money and time that you spend at Breakaway, and I'll guarantee it. This is possible because we're training you like our top athletes train—through a variety of circuit exercises—as we work behind the scenes on their speed and agility, flexibility, power, acceleration, and strength. All of those techniques create efficiencies in the body that create fitness results. U

Kevin Barcal and his team at Breakaway Athletic Development have recently moved into a new facility in Pepper Park at 28W039 Commercial Avenue in Lake Barrington. Call 847-452-9720 for a FREE initial fitness assessment with Kevin Barcal or his fellow trainers Tara Grundy or Eric Fuessle.