

Early Years of MTM

Shaun Marsh

- I was born December 17th 1989.
- I was a very weak frail little boy
- Was walking at the age of four wearing Splints (Calipers)
- I attended a mainstream school
- I spent many break times and dinner times doing physio with my helper at school

- I DID NOT LIKE EXERCISE BACK THEN
- AS A YOUNG CHILD YOU REBEL WHEN TOLD TO DO THINGS

My Curve



- 2002 July school trip to Swanage
- This was how bad my curve became
- Not sure what the degree of the curve was, but its clearly BAD.
- My back resembled the Letter S for Shaun
- I had my scoliosis surgery in 2003 Jan, if was meant to be done November of 2002.

Splints (Calipers) and Body Cast



- I stopped wearing my splints when I was 16.
- I decided my legs wouldn't improve if I kept using them. I haven't worn them since.
- I had a body cast from year 5 up until year 8 when I had my back correction surgery.



My Collection of Vpap



- The day I was told my back operation was a good result was the day I got told, I would need a machine overnight.
- Good news and bad news for me.
- But now I am fine with using my overnight machine.

Exercise and fitness the beginning

- From 15 I started doing exercises at home with my own equipment
- Small dumbbells, Barbells
- I built up a collection of exercise equipment
- I got a lot of influence to exercise from my dad, who always nagged me from a young.
- Its because of him that I become fascinated with training.
- Because of his influence I think that's what kept me motivated to maintain and improve on my strength, balance and just general health.

Personal Training course

- Me and Mike are both qualified personal trainers.
- Mike is also qualified to teach circuit classes to a group.
- We both enjoy personal training people, and helping them to reach their goals.
- By evaluating their workouts, or by just giving them a few extra tips, or movements to try out.

Mike Haynes

- Born 7/8/1990
- I started playing football at a young age, which got me into exercise.
- Started doing weight based exercise at the gym with Shaun about 2 years ago.
- Enjoyed the gym environment and wanted to other people to achieve their fitness goals so decided to do a personal training course.
- I'm a fully qualified level 3 personal trainer and a qualified circuit trainer.



Resistance bands Set up



- Collection of resistance bands and attachments.



- Door attachment, to enable a variety exercises to be done.

Resistance band Exercises Upper Body



Standing bicep curl – Can be done sitting also.



Standing Lateral Raise. One of my least favourite exercises.



Shoulder Press. Can be done standing or seated.



Tricep pull down. Using door attachment.



Single arm chest press. Using door attachment.



High row for back. Can be done seated on a chair.

Resistance bands training lower body



Seated leg extension. Resistance band attached to lowest part of the door.



Standing Leg curl. Resistance band attached to lowest end of the door



Calf raises of the bottom of the stairs. One of my favourite leg exercises.