

# Driven to Succeed

## Cross Trainers Corner

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# Ron Sarchian

## The Heavybag Workout

Ron Sarchian has been fortunate enough to play a hitman or bad guy on such hit television shows as Star Trek:Enterprise, General Hospital, Nash Bridges, The Division, Port Charles and numerous other film and tv shows. He still enjoys a career as a professional actor and stuntman but he also enjoys working as a personal trainer, kickboxing teacher and spinning instructor. The 39 year old athlete has been a fitness fanatic since he started playing sports as a youngster at a Boysclub near his home where he grew up in Detroit, Michigan. Ron was always attracted to the hard work and discipline required to be successful in martial arts and football and has enjoyed careers with both sports. He has always believed that "exercise is the key" to being and staying happy and enjoys sharing his knowledge of boxing and kickboxing with his clients. His knowledge of fighting has given him the edge when it comes to teaching proper punching and kicking techniques. Ron uses the heavybag as a tool to warm up and train many of his clients and they enjoy the fact that the heavybag does not fight back.



Ron Sarchian uses the heavybag to keep himself in great physical condition. Ron is also planning on breaking a Guinness Book World record while punching a heavybag for over 24 hours straight in June of 2004.

### **How does being a stuntman relate to being a personal trainer ?**

Both are very different but they are both very challenging. Being a stuntman is much like being an athlete because you are expected to be able to perform some very dangerous physical maneuvers and do your best not to get injured so you can continue to work. Being a trainer is much more like being a coach or an instructor and it does not involve any personal physical danger.

### **What type of training do you do to keep yourself in shape ?**

I'm a big believer in cross training. I usually teach between 6 to 10 spinning classes per week along with a few kickboxing classes thrown in. I try to get in at least two good outdoor runs in either at Fryman Canyon or on the streets near my home. I will also get in at least 2 to 3 good resistance training and core training sessions per week. I also spend quite a bit of time at the end of each session stretching and maintaining my flexibility. I'm also trying to fit in a yoga or pilates class on a weekly basis.

### **What are the benefits of a cross training routine ?**

A cross training routine is great because it takes the boredom or monotony out of exercising. I enjoy being able to take the balance and coordination associated with different sports and exercises and incorporating them into my own workouts. The more I can learn and absorb the better athlete and trainer I become.

### **What do you mean by saying "exercise is the key" ?**

What I mean is that exercise can often be the key to eliminating many physical ailments such as depression, high blood pressure, weight loss and, most of all, it can help build confidence. There is really no down side to exercising on a regular basis, so why not ????

### **What do you enjoy most about the heavybag workout ?**

I really enjoy introducing people to the heavybag workout. Most people tend to be a little intimidated by this big old bag hanging in front of them, but once they learn how to use it, to their advantage, that attitude tends to change for the better.

### **What do you think is more important, the way someone eats or the amount of exercise that they do ?**

In my opinion, both are very important but if I really had to choose I would have to lean towards exercise being the most important. When it comes to eating I think it's very simple, calories in versus calories out. If you want to lose weight then you need to track what you're eating and burn more calories, with exercise, then you are taking in.

### **Tell us more about your Guinness Book World record attempt ?**

I was looking through the Guinness Book of 2003 and came up with the idea of trying to break the record for punching a heavybag for the longest amount of time. I wrote a letter to the Guinness people and they finally replied to my request for further information. The current record stands at 24 hours and 16 minutes. I feel confident that I can shatter this record and will do so on my 40<sup>th</sup> birthday. I will be making this attempt at Premier Fitness in Encino, where I currently work as a personal trainer, from 6/15/04 through 6/17/04. Everyone is welcome to come and cheer me on !!!!!