

Brian's Y Story: Building Strength Through eGym

Testimonial by: Brian Bauer

When I hit my mid-40s, I knew I needed to build strength and muscle so I could keep up with my young children and create a healthy foundation to stay active in old age. A friend of mine told me about eGym at the Mukilteo Y, and I decided to give it a try.

I set up an appointment with Stephanie, a trainer at the Y, who walked me through every exercise in the fourteen-machine circuit, calibrating the machines to my strength and dimensions. I really liked how the eGym chip stored all my settings, so I didn't have to adjust the machines every use. I took a strength test on each machine to set a baseline. About every month, the machines would re-test my strength and adjust the difficulty of every machine.

Within a couple of months, I was progressing rapidly and setting new personal records on the machines. eGym also syncs with the YMCA app, so I could see my progress on every exercise. The app also highlighted where I need to work on imbalances.

After a year and a half of making steady progress with the standard settings, Matt, one of the trainers at the Y, showed me how to push through my plateaus. I had moved up from one circuit to two circuits, and I was ready for the next phase on eGym. The machine has several programs beyond standard, one of which is a more challenging strength building program. It felt great to push myself harder and see results again!

Another six months later, and I was ready for the next step! I signed up for personal training with Matt. He tested my fitness and strength level the first session. He also took my measurements and body composition so I could get a baseline to work from. From there we were off to the races! We moved from eGym to a tailored program of strength training exercises in the weight room. Matt pushed me further than the eGym could, giving me the encouragement and support I needed to make even more progress towards my fitness goals.

I've had setbacks along the way, including a sports injury that kept me on the sidelines for months. I was able to come back to eGym and pick back up at a higher strength level than I started with two and a half years ago. I am so glad that I built that base of strength to weather the storms life sent my way.

Now that I'm nearing 50, I feel more confident in my strength, health, and ability to be active. I improved my strength fitness age from someone in their forties to someone in their late 20s, all through the resources the Mukilteo Y provides. If you're in a similar position as me, I couldn't recommend eGym and YMCA trainers more.