

NAME: Vi Bhargava



Fitness Philosophy: I believe a fitness program should be enjoyable, sustainable, and it should deliver results. My philosophy is that fitness should enrich your life, not take it over. This concept is especially important for individuals who are busy daily (like students or people who work long hours). With this in mind, I typically only train hard three times per week. Rest days are just as important as training days. Because of all these rest days, you never get burnt out. Instead, you can come into each workout feeling fresh, focused, and ready to hit personal records.

Each session, the focus is to make small improvements on exercises from the session prior. This can be done by adding one or two reps, adding 5 pounds to the exercise, slowing down the tempo, decreasing the rest interval, adding more difficult variations, and/or improving form. Think about it. Say on week one of a training program, person X can do 5 reps with 95 pounds on incline barbell bench press. If X can add 10 pounds to that exercise each month, then in 6 months they will be able to press 155 pounds for 5 reps. At this point, X's chest, shoulders, and triceps will have no choice but to develop in accordance to the increase in stimulus. Short-term micro improvements lead to massive changes in the long run.

When I was a freshman at IU, I struggled to get into the gym six times a week while maintaining my grades, a social life, and multiple hobbies. I was tired all the time. I was getting down on myself because I was skipping workouts and missing classes so I could sleep. This was not sustainable. When I cut that gym time in half, I had more energy than ever before, was seeing better results from my workouts, I was able to focus more on my other hobbies, I was able to enjoy time with my friends, and most importantly I was able to make it to class consistently. Everything is about balance. The gym no longer felt like a chore, it was something I began to look forward to.

Furthermore, the most important part of fitness is the journey. It is vital to drop the desire for instant gratification. Love and accept yourself as you are, strive for weekly improvements, and trust the process. As this process unfolds, an individual will eventually unlock a potential that they never knew they had. They will become more confident. This confidence will continue to grow. It will flow into other aspects of that person's life (like in relationships, hobbies, schoolwork, their mood, job, etc.). This will make them a better rounded person overall. As I said before, fitness should enrich your life. It should bring value to your entire existence. To me, this holistic improvement is why I continue to work out, and why I want to introduce this lifestyle to others.

Areas of Expertise and Interest: Bodybuilding, Calisthenics (bodyweight training), Strength Training, High Intensity Interval Training (HIIT), and Flexibility improvement

Fitness Interests: Bodybuilding, strength training, calisthenics, gymnastics, martial arts, HIIT training

Education and Certifications: Bachelor's Degree in Psychology from Indiana University Bloomington (2018)
-National Academy of Sports Medicine (NASM) Certified Personal Trainer (2018)