Tony’s Kosama blog after completing the 8 week session

On the first day of assessments, I asked Damon Yaeger at Kosama what reasonable goals

should be for a guy like me. In almost Buddha – like clarity, he told me if he suggested any goals…they would be his goals…not mine.

So, after a few minutes of thought, I stated that I wanted to be the weight I was on the morning of my wedding back on August 22, 1998. For the record that would bring me down from 200.6 to 188.5. I also wanted more energy and to trim down a little in the beer gut.

I missed 3 workout days (out of 40 total) during the 8 week session. It's a wee bit like going to church in that regard. It's easier to attend when you get in the practice of going. Additionally, I changed my eating habits to include some healthier choices, and drank much more water. Both eating better and drinking more water can be attributed to workouts. I realized after a day of eating greasy (yet delicious) food, I struggled the next day at Kosama. Likewise, if I failed to hydrate, my old man bones and muscles would act up...

Here's my final numbers:

My BMI went down from 28.8 – 27.2
My Body fat went down from 22.6% to 22.1%
I went from doing 2 pull-ups to a total of 9 pull-ups
I went from 35 push-ups to 50 push-ups
My biceps went from 12 ¾" to 14 ½"
My right thigh went from 21" to 22". The left is probably about the same.
I weighed in at 189.4

I met and exceeded all of my goals except for missing the last one by 0.9 pound. I guess that was probably my weight the day after my wedding when I gorged on dinner, cake, champagne and keg beer. I guess that's close enough.

I signed up for another 8 weeks. It's nice to see so many faces from session one and a whole slew of new "Bro-samas and Ko-sadies".

If you have any questions about Kosama, just give me a call at the station or I can take you along and we can sweat together. This is “bring a friend for FREE” week. See if you like it and are willing to accept the challenge! You can also call Kosama. Their phone number is 635.3077. Class times are at 5a, 615a, 9a, 1145a, 415p, 530p, and 645p. See you there.

~ Tony Michaels

Well, we've made it to week 7 in the Kosama Complete Body Transformation challenge. Working out at Kosama is no easy fix. You reap the results that you earn with commitment and sweat. I set out my goals back in orientation on July 16th. I wanted to have more energy, trim up and be at the weight I was when I married my lovely wife back in 1998. With less than 2 weeks to go, all my goals are attainable.

Today in our kickboxing session, I earned my highest workout calorie burn of 1019. I ranged anywhere from 650 - 950 in the first 6 weeks dependent on the activity at hand. For comparison, I did a walk / jog around the neighborhood this past weekend for 50 minutes and burned about 220. The Kosama boys *(My Bro-samas)* and Kosama ladies *(My Ko-sadies? I'm still working on that)*
say the workouts are based in "muscle confusion" and then cite the rationale behind it. My eyes glaze over and I feel like I'm back in Mr. Sibbernsen's High School Trig class. I know this. It works.

To clarify, Kosama works best when you do the following:

- **You have to show up at the classes (5a, 615a, 9a, 1145a, 415p, 530p and 645p)**
- **Water consumption is key (I think I'm supposed to down about 100 oz. a day. I come close. I'm trying.**
- **There needs to be a healthy food element to your diet (Sarah from HyVee can fill you in on the details.)**
- ** Listen to the instruction closely**
- **You need to be motivated**

If you do these five things, the program is for you. Kosama is no magic pill or the wave of the wand to make you skinny. However, it's a huge bonus to have the personal attention of the trainers in every class. I really formed a bond with my workout partners and that social element really adds to the process. A number of people in our group are shrinking and toning at impressive rates. I found there's really no good way to say "Wow. You are looking good". I choose to keep my mouth shut on observations, but the results really are amazing.

The next set of classes start on Sept 12th. I plan to be in the "alumni class". Who's with me?

~ Tony Michaels

(a little more like Kenny Chesney and less like Kenny Rogers)