

Don Howells returns to workouts only 10 days after Knee Replacement surgery.

A machine can not match the unique versatility of human hands. Gill's Fitness trainers provide highly effective exercises by constantly adjusting the resistance, mechanics and application techniques. This ensures that the targeted muscle(s) is exposed to demands that will cause desirable adaptation.

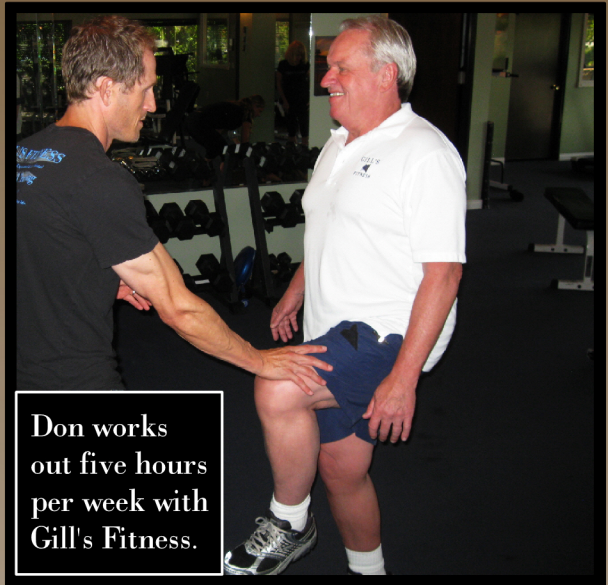
Don Howells improves his rotator cuff strength with Jonathan Gill.

This custom exercise emphasizes the infraspinatus and teres minor muscles.



"A close friend referred me to Gill's Fitness in 2003. What a wonderful gift! This program has helped me regain and maintain strength and flexibility for more than nine years, and I'm feeling great!"

Don Howells



Don works out five hours per week with Gill's Fitness.

^ Don does an exercise to improve his balance while developing hip flexion strength and endurance.

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Personal Training

2667 Camino Del Rio South ~ San Diego ~ California 92107

In February of 2003, Don Howells decided to get back into a strength training program. He hoped to reinvigorate his body which was feeling the consequences of the fun, active lifestyle of rough sports and athletics from his high school and college days. Pain in his shoulders and knees had led to diagnoses from his physicians of surgeries to come.

With his doctor's encouragement, consistent with his own intuition, he became even more diligent, adhering to his workout program and avoiding high risk activities.

Don was successful in staving off surgical intervention for seven years. In December of 2010, he finally went in for rotator-cuff surgery which was a great success. He was so fit going in that his recovery and return to above average strength and function was impressively quick.

Then, in April of this year (2012), he went in for his right knee-replacement surgery. Again, the surgery was a success and it was only ten days later that he was back at Gill's Fitness enjoying a great workout and feeling thankful that he had done all of the critical Pre-Habilitation.



A manual Leg Press accommodates all body types, targeted ranges-of-motion, variable resistance, and optimizes safety.