



TONY Extreme

CELEBRITY FITNESS TRAINER **TONY HORTON** ON
TRANSFORMING YOUR BODY FROM REGULAR TO
RIPPED IN 90 DAYS *By Mark Ariel*

FOR THE PAST 20 YEARS, Tony Horton has established himself among the elite in the world of personal fitness training. From Hollywood celebrities and recording artists including Tom Petty, Shirley MacLaine, Billy Idol, Sean Connery, Annie Lennox, and Rob Lowe to anyone looking to lead a healthier lifestyle, Horton's conditioning skills and motivational abilities are consistently in high demand.

Horton's expertise includes circuit, cross,

and interval training, weight and resistance training, cardiovascular/aerobic training, post-rehabilitation, advanced stretching, yoga, and kickboxing. The East Coast native incorporates his personal training experience and engaging personality in Beachbody's 10-Minute Trainer, Power 90, P90X, Power Half Hour, Tony & the Kids!, Tony & the Folks!, and Great Body Guaranteed! programs.

Horton's unbridled passion for health and fitness "started by accident" he reveals

in an interview with *LA Health News*. "I took a weight lifting class in college and prior to that I had always been sort of a half baked athlete... I didn't really know what I was doing. I was winging it," Horton confides. "I was on the football team but didn't really play. I was like the third string guy. I just missed making the tennis team and the basketball team. I never started on the baseball team. My dad played team sports so I thought that was the thing to do."

After moving to California, Horton became more involved in health and fitness. "Living out here was one of the key motivators towards getting more involved in fitness. The east coast is dark and dreary 9 months out of the year. The California lifestyle is something I gravitated to quite easily," Horton reveals.

"However," says Horton, "the fact that I became a fitness aficionado was kind of a fluke. I wanted to be an actor, and I had an agent. She told me I need to get in better shape if I wanted to get jobs, so I joined a gym and I worked with some friends, I didn't know what I was doing, but I was curious. I went to World Gym and met Arnold Schwarzenegger, Lou Ferrigno, guys like that. I never got into the body building thing, but I certainly learned how to hone my weight lifting with resistance type skills. I learned from those guys just by watching them."

While working as an actor ("commercials, print and some small parts in films") Horton began training celebrities. "In 1986 I got Tom Petty in the best shape of his life. Everyone heard about it, so it went from Tom Petty to Billy Idol to Annie Lennox to Stevie Nicks to Sean Connery. It took off - and I decided to become a trainer fulltime."

Horton is currently a contracted trainer for Beachbody. The company offers in-home fitness and weight loss solutions. Beachbody products include P90X, created by Horton. P90X provides 12 sweat-inducing, muscle-pumping workouts, designed to transform your body from regular to ripped in 90 days.

"Beachbody allows me to do my thing based on what works... not what sells," Horton confides. I came to them I said if you want a program that's going to work it needs to be six days a week of exercise, containing cardio with resistance exercise and a healthy diet. No gimmicks, no potions, no pills. It's what I would give a professional athlete."

For more info on Tony Horton and BeachBody products, visit www.p90xhealthnews.com