



Alec Hunter

Motivates for success

BY JODAI SAREMI, DPM

Alec Hunter was tired of being a punching bag for his two older brothers. He wished he had muscles like Arnold Schwarzenegger—but his tough neighborhood in Boston didn't provide much opportunity for kids to explore their dreams. So, Hunter resolved to find a way to better himself.

When he was 14, Hunter's mother moved the family away from the city. "I struggled with extreme social anxiety and I didn't like school," he says. But in high school, he began teaching himself about bodybuilding. "I read *Muscle and Fitness* cover to cover," says Hunter. "Physical fitness saved me [from my anger and frustration with school]," he explains.

Wanting to explore his concepts of honor and integrity, he enlisted in the U.S. Army straight out of high school.

As Private E1 in basic training boot camp, he outperformed the other recruits in physical training, sharp shooting and grenade throwing. Over the next nine years, Hunter re-enlisted a couple of times and became a Certified Master Army Trainer. As such, he designed and implemented programs for soldiers to pass the physical fitness tests for combat readiness.

Hunter was honorably discharged from the army at age 26 and started personal training independently in San Diego. He took certifications through a number of organizations, including AFAA. Finally he moved to Los Angeles where he became a trainer to the stars at CBS studios.

However, it wasn't very gratifying to be known only as Mr. So-and-So's trainer. Hunter left private training in 2001 to explore his options as a group instructor in a format just beginning to draw attention—boot camp. "It was the perfect opportunity to combine my military expertise with civilian work to create something unique," recalls Hunter.

The SuperSTAR FITNESS™ workout program is based on military boot camp training, with only a slight modi-

fication in the running requirement; instead of two miles, his "civvies" only have to run one mile. "In basic training, I learned that you never quit. That's the motto for my program now," says Hunter, though he has other catchy mottos too, including "This is beyond fitness." He believes the path to reinvention of the self starts inside the mind; his job is to help find the internal switch.

Hunter's "Ultimate Out-of-Gym-Experience™" has created countless die-hard fans who love to *Get Up; Get Out; and Get Fit!* To meet the demand, Hunter licensed the SuperSTAR FITNESS BOOT CAMP in 2010 and provides scripted workouts to his licensees. All trainers are hand-picked by Hunter, who prefers military-trained personnel. "The military's emphasis on discipline and staying in shape makes former service members ideal for careers in fitness," agrees Richard Cotton, exercise physiologist and national director of certification for the American College of Sports Medicine.

Hunter advises new personal trainers to start in a gym environment "[where] you learn how to work with different personalities...and build credibility."

As for his own future, a milestone birthday looms, prompting Hunter to revisit his childhood ambition. "When I turn 40 next year, I want to be in the best shape of my life," he says. And with a model attitude like his, not to mention his model physique, he's guaranteed to meet the challenge.

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