



Presenter Profile: Tony Boutagy

If you're looking for the latest, greatest and most effective ways to train your athletes, then don't miss Tony Boutagy's FILEX 2006 sessions. Here's a sneak insight into this innovative and entertaining presenter.

Where do you live? Mosman, Sydney

What is your main role in the industry? Strength coach and educator

What is your industry experience?

Over a decade now, I've attended the last 8 FILEX events as a personal trainer and strength coach, and just over 2 years as an educator.

What has been the highlight of your fitness career so far?

I'm not sure that there is just one. I feel extremely grateful to be able to pass on the things that I have learned in this industry, through speaking, writing or coaching. When that makes a difference to a student's business or in a client's life, then that is a highlight for me.

What was the most memorable thing about your FILEX conventions?

A definite highlight was watching Dr Len Kravitz demonstrate the walk which best expends Kcals!

What do you enjoy most about working in the fitness industry?

Well, the fitness industry is full of people who are typically happy and motivated and make their living from helping people improve their health and fitness. That's a great energy to surround yourself with.

If you were stranded on a deserted island, what piece of fitness equipment would you like to have with you and why?

Oh, that's easy! An Eleiko training bar with 10 to 25 rubber bumper plates. They are the Rolls Royce of bars and I'd be able to train all muscle groups with them in style, as I watched the setting sun on the deserted island!

If you were to have dinner with four fitness industry greats, who would you choose and why?

Four is very hard to choose, can I choose 10 and I'll cook Thai? No? Ok, just 4 it is then:

Charles Poliquin: Charles is the most brilliant strength coach in the world and he has exhaustive practical knowledge in all areas of fitness and training;

William Kraemer: Bill is the best researcher of our time working in the area of strength training, his insights into anything related to strength is incredible;

Tim Noakes:

Noakes is Kraemer's equivalent in the world of cardiovascular training, his knowledge and range is expansive - one conversation with him would save you a year of reading!

Mark Allen: The greatest triathlete of all time. I'd love to hear how he maintained over a decade of dominance in one of the world's most gruelling sports. ♦



21 to 23 April 2006
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For program information read pages 10 and 14 of the FILEX 2006 brochure or visit www.fitnessnetwork.com.au/filex where you can also register online.

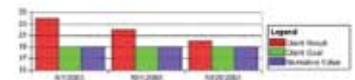
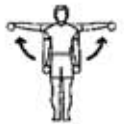
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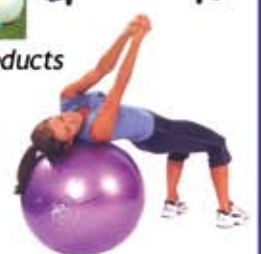
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