

All the Things We Did in Gym Class We Still Should Do

“We’re all fighting the aging process,” says Mike Delalio, a founder of the new MUVStrong gym.

By Jack Graves | June 4, 2015 - 1:27pm

What used to be a billiards parlor has been since February home to a 2,400-square-foot strength, movement, and conditioning gym known as MuvStrong, overseen by Gordon Trotter and Mike Delalio in the One-Stop complex off Springs-Fireplace Road.

At an open house held there on a recent Friday afternoon, Trotter received a compliment from an unlikely source, his mother-in-law, Pat MacArthur, who said, “There are a lot of fitness studios [Mike Bahel said recently that he could count 14 along the length of East Hampton’s Main Street and Newtown Lane] but this is special — they’re helping me keep old age at bay.”



Gordon Trotter enjoyed a moment with two of his major fans, Peter Gidion and Dr. Ralph Gibson, at MuvStrong’s open house on May 22. *Jack Graves*

People were living longer now and doctors were telling them to do something other than simply work and go home, MacArthur said, adding that working out with her son-in-law had, little by little, strengthened her core. “They zero in on your weaknesses and work to correct them.”

“We’re all fighting the aging process,” said Delalio, who’s almost certain that he’s definitely retired from playing rugby. “Which means,” he said, “that as we age we should work that much harder.”

“It’s easy to say ‘I can’t,’ ” Trotter, a transplanted New Zealander, chimed in. “Most of us live in a box, convinced we can no longer reach down to get things off the lower shelf, that we can no longer touch our toes. . . . We try to get people to do as much as they can.”

Dr. Ralph Gibson, who trains at Philosofit, is a big fan of MUVStrong, having trained with Trotter before he opened for business in East Hampton. “I’ve lost 44 pounds with them, and it was done properly.”

Peter Gidion, another client who attended the open house, said, “I had a major back problem — two disks were messed up because of a surfboarding accident. They’ve brought me along very well. They customize their programs to you, they form relationships with their clients, and I appreciated that. They also have a great affection for kids.”

Trotter and Delalio, as is the case with some of the other personal training studios here, use a seven-movement functional screen to ascertain clients’ weaknesses and strong points.

Unsurprisingly, this writer’s deficiencies could be traced to kyphosis, or a tendency to slouch, first observed years ago in a postural evaluation when he was a college freshman. And while he was a bit chagrined that he scored in the lower 30 percentile on the screens, recording 1s on six of the seven tests (deep squat, hurdle step, inline lunge, shoulder mobility, push-up, and rotary stability) rather than 3s, he was rather pleased not to have experienced pain in doing them, and resolved to give corrective exercises a try.

They work one-on-one at MuvStrong, and with small groups of four or fewer. Trotter and Delalio said they’d like to start working with some kids this summer so that they can enter the fall season stronger and in better condition.

That I tended to hunch was not all that surprising, Delalio said in a conversation later in the week. We were, after all, he said, “a forward-facing : nch at our computers, we are almost sucked in by them, we hunch when we p **3** Free articles remain

In my case, it would take some doing to correct what had become almost chronic, he said, though thoracic extension, a stronger core, and better hip rotation would result in more powerful serves and strokes.

And improved mobility would mean I’d also be able to move to the ball better, Trotter ventured.

“I was being flip in answering your question as to my goal,” I said. “I wrote that my goal was to ‘keep moving.’ I should have said to ‘move better.’”

Trotter and Delalio, who are among a number of Montauk Rugby Club members — Andy Reilly, Garth Wakeford, Chris Carney, Connor Miller, Mike Bunce Jr., Rob Balnis, and Teddy Grabowski are others — in the personal training field, also have a Titleist screen for golfers.

“Once we know where you’re weak and where you’re inefficient, we can start to help you move better,” Delalio said. In parting, he added, “All those things we did in gym class we still should be able to do.”

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