

## **S4 E17: New Year, New Habits, New Lifestyle**

(AJ II & C MartyFit)

*Previously recorded on Friday, December 21, 2019*

0:00 AJ: Happy New Year, this is AJ II coming through with the fourth season of *Max Out Time*. In 2018, we left off at the Barre, but we're going to pick up the weights and be hitting the gym all 2019. It's time to put that 'new year, new you' to the test and get sculpted with 2019's littiest personal trainer C Marty. Don't touch that dial, you're listening to another special episode of *Max Out Time!*

0:24 Intro Song: 'For the City'

1:06 AJ: Hey, what's good C Marty, how you been man?

1:08 C Marty: I'm good man, how you doing?

1:09 AJ: I'm doing great man. You and uh Coach Dave got me in yesterday with the upper body workout and everything. And so, I thought, hey maybe I should bring my man C Marty through the studio. Describe your career, so because I think it's fascinating, you going from a--an elite level basketball player. You were a hooper hooper, people know your name in the DMV and around the country. Trust me, because you know I went to Indiana which is basketball heaven and everything like that and I knew a few people that knew you from there, and they weren't even from the DMV. You had a great basketball career in college and then almost immediately you transitioned that into being a personal trainer and a fitness guru almost like-- You've really changed your body up, your mind set up, describe a little bit of your career and what you're doing in life.

1:59 C Marty: Yeah so I started my own training business in 2017 about a year after I got out of college, and you know I kind of just found a passion for it. My goal was to get overseas and you know continue my basketball career as a professional, but you know it kind of gets tricky when you're on the NBA level, I just got tired from all the uncertainty. I started to work out every day to kind of get the stress off my mind and I was in the process of finding another job, looking for a job with my degree, looking for a career with my degree, and uh so I just started working out everyday –

2:41 AJ: Wait did that not work out though? Finding a job in your career or?

2:46 C Marty: I didn't find one yet, probably from – I was looking for one probably starting from like September of 2016, that's when I got out of school in 2016. September 2016 until

about April, you know I was just you know going to different interviews, sending my resume to different places, it wasn't working out, but I mean I guess it happened for a reason. Working out every day, one of the guys at my gym, at the time, I was working front desk at the gym, one of the guys at my gym was like, hey are you interested in being a trainer? I would always tell him, no like no I don't want to be no trainer, and then finally I said I would give it a try. He got me a discount on a certification –

3:29 AJ: So, it's a class you got to take or something like that? Or do you just--

3:32 C Marty: I just took an online course – not online course but the certification I had, they had stuff online. You buy a book, uh you buy the study material and eventually you just pay for a test and you take it –

3:44 AJ: You went to school all over again for a different degree almost.

3:48 C Marty: Kind of but it was on my own. It wasn't like I was physically going to class and stuff. I got the certification and uh my uncle/close family friend who you worked out with,

4:04 AJ: Tinmann. Shoutout Tinmann.

4:04 C Marty: Yeah shout out Tinman. The most fit 57-year-old you ever going to see in your life!

4:09 AJ: That's facts.

4:10 C Marty: Come on now. I'm putting him up against any 57-year-old, but anyway he kind of took me under his wing and you know showed me the ropes and educated me. I branched out and started doing my own thing and now I got like 50 clients now and it ain't even been 2 years yet. People like my drive, people like my energy.

4:35 AJ: Would you say that runs in the family? I know I came to the gym one time and your mom was getting ready for a fitness competition. In some ways you're trying to be like Mom Dukes right?

4:47 C Marty: Yeah, in a way. My mom is 52 but she look about 34. Yeah, she definitely motivates me. She was on this fitness thing while I was in college so I I didn't know how serious it was until I got back home out of school and I saw her grinding and I was like oh okay.

5:05 AJ: You got to step that one up –

5:07 C Marty: I got to step it up, I can't have my mom beat me –

5:12 AJ: [laughs] So you started back in 2017 and it's 2019 now, and everyone goes off this little mantra, 'new year new me, I'm going to get toned and get right, once the new year comes,' I'm going to put all that stuff and all the Henny beside me and put all the snacks back!

5:33 C Marty: Arthur does this around me all the time, he knows I hate that – I don't want to cuss on your show. I hate that shit! I'm sorry brah, I'm done I'm done, I'm sorry –

5:46 AJ: [laughs] One time for the one time! Only in 2019, we had to put the point across though –

5:56 C Marty: Yeah, so about that man, a lot of people think that changing their lifestyles and changing their bodies is just going to be a quick a quick thing. It's not a quick thing, it's all about your habits and your lifestyle. You can't say, I'm going to get this new year's resolution and be on it for two weeks. It takes more than two weeks to lose your stomach fat, it takes more than two weeks to uh lose weight, it takes more than two weeks to build your butt, build your arms up, build your chest up, you know it's a lifestyle change.

6:28 AJ: What you say? 90 days for a lifestyle, 30 days for a habit? What's the saying?

6:32 C Marty: 21 days for a habit and 90 days for a lifestyle change.

6:35 AJ: 90 days for a lifestyle change, so you got to put in the work the whole winter, the whole spring, just to have your lifestyle change. They think they go three hours without going to the club, they feel that they lifestyle has changed. Right? That's what some of your--

6:54 C Marty: Trust me, I got to record me talking to my clients about some of the stuff I hear. A lot of them, "Oh I didn't drink this weekend" but you drank every other weekend of the month. Your body is not going to change like that, you have to give your body a chance to adapt to not having certain things, to not having sweets, to not having fried food, not having greasy food, not having alcohol. You have to give your body a chance to adapt because your body adapted when you started taking stuff on the regular. That's where the belly fat came from, that's where the weight gain came from, so why don't you try and reverse it, try and reverse it, you know?

7:35 AJ: How do you grow that mind set though? Because I tell myself yesterday that I'm going to start eating better or whatever. My boss every Thursday, she's the nicest person in the world, she buys the whole office cookies. I'm like, I'm trying to get better, I'm trying to do this but it's late at night and I had me a little sweets.

7:56 C Marty: I'm not going to lie, it's hard, it takes a lot of mental uh strength and it's a process. You got to try the little things first, so let me go to work and try not eat those sweets, let me go home and get those sweets out of my house, little things, you know? You're not going to be perfect on the first try, but it it you got to take baby steps, you got to crawl before you walk.

8:16 AJ: Okay, but I got one caveat to that, if we're not saying – if you're saying new year new me, for someone like you who's ratcheting it up a couple of notches, that's a new year new me, would you look at it that way? You've been doing it for the last two years, you've been grinding, you've been going hard. Can you go even harder and make a new C Marty and a new fitness challenge for yourself?

8:41 C Marty: Of course you can, that's the beauty about fitness. There's endless goals, you can never reach your peak with it, you can always get better, you can always get creative, you can always do things. Lately, I've been doing the push up challenge, I've been trying all different push ups and stuff, I'm about to post one later, I got to show you that one. Like, I can easily be like, I'm in shape, I'm good, you know, I got pictures with six packs. The one thing is once your body gets to a certain level, your body is not going to stay there, you got to do enough to at least maintain it or you can continue to improve it. Your body ain't going to stay the same, so if I bench 275 and I don't touch a bench for 2 months, you think I'm still going to be able to bench 275? (AJ: Of course not.) Along with maintaining, you develop discipline, you develop habits. That's why I am saying it's a process, you take baby steps and as you take those baby steps you developing great habits, you're changing your lifestyle developing those habits. As you carry on, you carry those habits for years and you pass those habits down to your kids. Your kids they going to look at you and they're going to do what their parents do. If they kid never see his parents eat broccoli, that kid is not going to eat broccoli. It's bigger than fitness. A lot of people look at it as fitness, I want to look good on Instagram, I want to look good on vacation, it's a lot bigger than that.

10:08 AJ: What about – we live in a society where mostly everybody works, especially our age, people in the workforce and everything. There's this issue with time and people thinking they don't have time or their schedule, they can't work around different things and people just make a lot of excuses. How do you tell people who aren't motivated like you or other trainers like, look you got to to get it in, however way you can. If it's 30 minutes, if it's two hours, how do you go about that?

10:39 C Marty: My approach is a lot different, I keep it one hundred. So I look at it like this, you're going to make time for your priorities so if you're health is a priority, you're going to

make time for it. There's 24 hours in a day, those busy people you talking about, they're probably at work for 8 hours. So what's left? 16 hours. Let's just say they sleep 6 hours, so you got another 10 hours, and that 10 hours, what are you doing?

11:09 AJ: What if the gym not open in those 10 hours?

11:10 C Marty: You can work out at home, you can go out in your neighbourhood. It's really no excuse, like I said, if you want to get it done, you can get it done. That's why gyms are 24 hours. If I had a check for \$5000 waiting for you every time you step into that gym after work, you're going to find some time to collect that cheque at the gym –

11:28 AJ: You're right though, for a lot of people, there's got to be a reward –

11:32 C Marty: Yeah, there's got to be a reward but people don't realize, the gym, there's no immediate reward, the reward is long term. The reward is on your doctor's visit, you don't have any health issues, that reward is when you have your doctor's visit, they don't have to push you a pill, the reward is you get to see your grandchildren down the line because of the great habits you developed in your twenties. The habits you develop in your twenties, they affect you in your thirties and forties.

11:56 AJ: So you're not always going to see that end result until –

12:00 C Marty: You're not going to see the immediate result. So you start working for new years, you keep those same habits, you're going to see it when you go on vacation in June, when you take that trip to Miami and try and post on Instagram, you ain't got to post that throwback Thursday. You post that current picture, stop posting those tbts post that current picture. Show them those abs, show them the butt you're working for, show them the arms you've been doing the curls you've been working on man.

12:27 AJ: So what about – what's some things people can do at home? Let's just say for real, they go to a gym but it's only open certain hours, they work crazy hours and they try and get some sleep and socialize and everything. What if they got 45 minutes at home, what can they do in their bedroom to get a real workout?

12:45 C Marty: Man, there's all types of stuff. You talking to the cardio king right here, it's the cardio king, it's what I do!

12:51 AJ: I almost slipped up, I didn't know who you was for a second.

12:55 C Marty: You can do push ups, you can do squat jumps, you can do burpees, you can do ab work, there's tons of ab work. Girls, you want to build your butt, you can get some

resistance bands, ya'll can do all types of glute kicks, donkey kicks, fire hydrants, it's endless stuff. Look at my instagram.

13:15 AJ: What you're telling me, is that there's no excuse –

13:17 C Marty: I'm being honest, there is no excuse.

13:19 AJ: Unless you're working 24 hours out the day –

13:21 C Marty: You're not working 24 out the day –

13:23 AJ: Which firefighters do.

13:24 C Marty: That's one day, you got another 6 days in the week. Firefighters got no excuse, that's who we work out with with firefighters. You see the firefighters in the gym grinding with us. You probably didn't know all those dudes were firefighters did you?

13:39 AJ: I knew just from talking to them, I –

13:40 C Marty: Majority of those dudes are firefighters, you see them, they're grinding with us. Don't mistake it, I'm not telling everybody that they have to look like a super model or a magazine model –

13:50 AJ: Because that's not realistic. Let's be real.

13:51 C Marty: That's not realistic, unless you want to and if you want to, you can get that body, you just got to put extra work in. People don't realize that there's benefits to health, you don't have to be overweight to work out, you don't have to be a professional athlete to work out. Cardio vascular diseases are a real thing, there are people that are not overweight but they get cardio vascular disease –

14:12 AJ: Do you have a doctor's degree? You speaking from the whole health perspective!

14:18 C Marty: Nah man! I studied it, I researched it. This is my passion so –

14:24 AJ: Hey man, medical school, open up a hospital with a gym in the back or something –

14:31 C Marty: If I wanted to, I could do it, I wouldn't say I don't have time to do it –

14:34 AJ: But you don't want to –

14:35 C Marty: Nah, I don't want to [laughs] but if someone had a check for me waiting. I would do it but nah, I don't think I would do that though.

14:45 AJ: You're talking a lot and I know we always talk a lot and you post a lot of videos, I'm telling you, your growth on social media and Instagram are skyrocketing up. I can see all the clients you're getting. Let me ask you one thing, why should people trust you? What is it about C Marty?

15:06 C Marty: Anytime you got a question, I got an answer. I have been an athlete majority of my life. I've shown up to preseason out of shape, I know that feeling that you're going through when you struggling on that last rep. I know what it feels like to struggle on that squat, I know what it feels like to struggle on that bench press. I know what it feels like to have a whole bunch of homework, and you don't feel like going to the gym, I know what it feels like to be sore, and you have to go to the gym, I I know that. I can tell you that, not only because I lived it in my past life because I live it now. I'm in the gym at 4am doing cardio.

15:34 AJ: You where?

15:35 C Marty: I'm in the gym. M--My clients, [laughs] the way I want them to grind, is how I grind. I don't take any excuses because I do it and I work 12, 13, 14, 15 hour days every week.

15:51 AJ: In 2019 it ain't going to be no different –

15:52 C Marty: In 2019, there's a lot of things that people don't know about me. I have faced a lot of adversity, most of it has been with sports but, then I got out of school, I had trouble getting overseas to play professional basketball. I went on that job interview and I didn't get that job –

16:08 AJ: So you're basically saying, you've made a lifestyle overcoming obstacles.

16:12 C Marty: Exactly, I used all those obstacles and made it a win, I used all those losses and made it a win. If you look at every loss as a blessing, you can make it a win, your life will change. So, I've been through all this adversity, I try and help people get through adversity and that's why people trust me.

16:31 AJ: You said a lot of things to me and a lot of people on your social following, but one thing that really sticks out and you talk about it a lot, that's why I asked you if you studied anything; doctor or medicine –

16:46 C Marty: I just get on Google and read, it's not that hard –

16:50 AJ: What does the phrase, 'health is wealth' mean to you?

16:55 C Marty: Basically, 'health is wealth' is putting your health first, making sure your health is a priority. So many people talking about, 'I'm chasing this bag, I'm grinding, I'm getting this bag' okay, you're chasing the bag but what are you going to do with this bag when you're in hospital? What are you going to do with that bag if you ain't there for your grandkids? So health I mean um w-wealth is having valuable possessions, your health is valuable, it's going to go on for the rest of your life and it's going to carry on to your kids. That money that you make, you're going to spend it, you're not motivated to make money just to keep it in your bank account, you're going to spend it on something. Your health, there's no spending your health, your health is going to go with you. Like I said, you're going to pass those habits down to your kids, your grandkids, they're going to see that strong grandparent, that that role model. I believe in it man, health is wealth, it's so true.

17:55 AJ: And one other thing that really stuck out to me, you said on your podcast, *Fitalk podcast* let me put that out there, it's a apple podcast on Itunes –

18:06 C Marty: Yeah, *fitalk the podcast*, tune in, don't watch if you're sensitive.

18:09 AJ: Don't watch if you're sensitive?

18:13 C Marty: Yeah, if you're sensitive don't watch that podcast. If you have serious fitness goal and you plateau and you're having some trouble, go watch that podcast.

18:22 AJ: Okay, *fitalk the podcast* and there's also a video component too, you can watch it too.

18:27 C Marty: And *fitalk* is one t, *fitalk* is all one word *fitalk the podcast*.

18:34 AJ: I want to say on the first episode, a teaser you put on social media, you said something to the effect of, 'your lifestyle should reflect the way your stomach looks.' Am I right?

18:46 C Marty: Your stomach is a reflection of your lifestyle, yes sir.

18:49 AJ: So, what can people expect from their stomachs and their midsections if they start working out with you in 2019?

18:57 C Marty: Well, before I answer that, I'm imma your stomach will snitch on you, your stomach is the biggest snitch. When my clients come up to me and tell me that they've been eating well and their stomach looks bigger than it did when they started with me, your stomach snitched on you. Real quick, what that means is that your your habits are revealed on your stomach. Your stomach is an accurate journal of your lifestyle, so if you're always



eating chips, you're eating cookies, you're drinking all the time, you're not eating vegetables, you're not working out, you're not lifting weights, it will reveal in your stomach. I don't meant to go off like that but people need to know that. I always want people to know, I'm not trying to be mean, these are facts, these are facts! Look at your friends that always go to the club, look at your girlfriends that always go to brunch, look at your boys that are always watching Sunday football and drinking beer. Then look at your friends that you think are crazy and are always in the gym, look at the difference in their bodies. My bad, I forgot the question, what was the question?

20:04 AJ: Naw naw naw, you answered it but what I was trying to say, if they start working out with you, how they going to look cut up in 2019?

20:13 C Marty: It's it's it's it's all on you, all I can do is get on you when I'm in the gym. The same energy I got on this podcast right now, is the same energy I have in the gym, (AJ: 24/7) 24/7. When I text you, did you eat those vegetables when you left the gym, did you drink that protein shake? It's all on them, the only thing a trainer can do is give you those steps, but you have to follow that path. All I can do is give you that great work out, I can give you a sweat, I can help you burn those calories. The most important part is when you leave the gym, what you do in those other 23 hours after you leave the gym. If your lifestyle is trash when you leave the gym, you're not going to reach that weight that you want to, you're not going to reach that body goal, your muscles are not going to grow. Whatever your goal is, you're not going to reach it, when you leave the gym and your lifestyle is trash, those other 23 hours of the day. There's only so much that I can do. I was telling someone that this girl who trained with me for a while, she went on vacation and posted some bikini photos, and they were looking a little suspect and who got the blame for it? They're looking at me like, is this your client? People don't realize that hour you're in the gym, you might burn anywhere from 300 to 600 calories depending on how intense we go. But, if you go to happy hour afterward and you drinking three drinks and you're eating buffalo wings and French fries with those three drinks, you just gained like 1500 calories. So you've burned 600 at the gym but you went to Fridays, thirsty Thursday and you ate 1500 calories! You're not about to lose no weight like that!

22:12 AJ: I'm boutta lose people off this one.

22:16 C Marty: Look if you lose people, I'm sorry! That is real, and a lot of people don't like the truth. Thirsty Thursday, Wild Out Wednesday, Max Out Monday, Turn up Tuesday, Freaky Friday, Sexy Saturday, Soulful Sunday! [laughs]

22:41 AJ: Aye man I can't deal with you, we don't need to go another minute, with the, you preaching to them though!

22:49 C Marty: That is all facts, that is all facts! You get someone, let them tell me that I'm wrong, prove to me that I'm wrong, that is so real.

22:59 AJ: Hey, 2019, you might have to be like a guest contributor, we might need to do this every month –

23:03 C Marty: We can do this every day!

23:07 AJ: Just to stay on top of people because you really keep people motivated. I mean I've seen all the clients you've had and you keep me motivated.

23:17 C Marty: Look man, it's crazy, I get some texts like, 'you've really changed my life man, thank you so much, you've changed my life, man thank you for being so hard on me.' I've had other people like, 'yeah, I don't really like that,' they tell their friends, 'Chris has been mean to me.' I'm not being mean to you but you always want to go on vacation and then you show up at your session 30 minutes late. I'm telling you that you're not going to get results like that, you need to change your mind set and you're going to have to change your approach. If you think that's mean, if you're paying me to be real with you and get you to a goal, and you're not doing what you need to do to get to that goal, you're wasting your money. I have no issue telling someone that that they're wasting their money.

23:55 AJ: Stay down with C Marty fit, stay down with C Marty fit. They don't call him show time fitness for no reason now. They don't call him show time for no reason. That's when the lights come on and your back gets tight, he's going going to show you right, show time fitness. You ready for this lightening around, we're going to hit this one real quick?

24:16 C Marty: Ah man, what you about to do man?

24:18 AJ: I'm going to just I'm going to fire off a bunch of scenarios. Basically, you're going to have one or the other, you're going to say which one is going to help you best.

24:27 C Marty: Okay.

24:28 AJ: Treadmill or the elliptical?

24:30 C Marty: Treadmill.

24:30 AJ: Burpees or bicycle?

24:32 C Marty: Like ab bicycle, burpees.

24:34 AJ: Bi's or tri's?

24:35 C Marty: Tri's.

24:36 AJ: Fruits or vegetables?

24:37 C Marty: Oh, vegetables, that's not even, it's not even close!

24:43 AJ: Smoothies or shakes?

24:46 C Marty: Shakes.

24:46 AJ: Bunches or crunches?

24:48 C Marty: [laughs] of course, crunches man! I got the shirt on right now!

24:59 AJ: What does it say? Less brunches.

25:01 C Marty: Less brunches, more crunches.

25:02 AJ: Hey man, as always, my special guest, Chris aka 'C Marty Fit' Martin. Appreciate you coming out today, you got any parting thoughts? Anything you want to leave us with? Your social media and the gym you work out at?

25:17 C Marty: Yeah, so you can follow me on Instagram or Twitter, C Marty fit. Website; c marty fit dot com. Also take a look at *fitalk* the podcast, one t. 'Fitalk The Podcast' First of all, fitness is for your health, this isn't to look good on Instagram. That's cool, that comes with it but this is for your health, this is for your future. So, anything that I preach, this is to benefit you for years from now. We're not going to be 24, 25, 26, 27, 28 forever, so think about your future. And as far as the New Year's thing, remember, keep that same energy in March, keep that same energy in February, keep that same energy in April. That's how you going to change your lifestyle, it's not going to be a quick diet, it's not going to be 30 day diet, a 21 day diet, alright this is a lifestyle, this is a habit alright?

26:11 AJ: 2018 that's a wrap, 2019, we're in the building!

26:14 C Marty: Let's get it!

26:15 AJ: Please continue subscribing at *Max Out Time* With AJ II on iTunes, add @cmartyfit on social media. Like us on Facebook, follow on IG and Twitter and rate and review this podcast on all podcast streaming services today, AJ out!

26:31 Outro Song: 'For The City'

26:59 –End–

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