

Imholz rolls in Brazilian Jiu-Jitsu to help stay in shape

WHAT'S YOUR ROUTINE?

Brian Imholz,
Clayco

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Brian Imholz lives and works for fitness. For the past four years, Imholz has helped almost every one of Clayco's approximately 250 local office staff maintain or improve their physical fitness as the construction company's wellness director. On average, Imholz personally trains about 70 Clayco employees a week.

With so many people's wellness dividing his attention, Imholz works double time to maintain his own fitness. "It's amazing how much time I spend in the gym and how little I get a workout," he said.

In order to stay in shape, the 36-year-old Imholz weight trains five days a week. He also balance trains three to five times a week, which includes exercises such as balancing each hand and foot on a medicine ball to do pushups.

While free weights and balance training help Imholz maintain peak fitness — his body fat hovers at 13 percent — the workouts also complement his more competitive routine: training in Brazilian Jiu-Jitsu, a martial art and self defense system that focuses on grappling



BRIAN CASSIDY

Brian Imholz practices a Jiu-Jitsu move on an opponent.

and ground fighting.

Imholz has been practicing martial arts for about four years, most recently

Kajukenbo, a hybrid art that combines striking and grappling. He switched to Brazilian Jiu-Jitsu after a free seminar

with J.W. Wright, head instructor at Grappling Concepts in St. Peters.

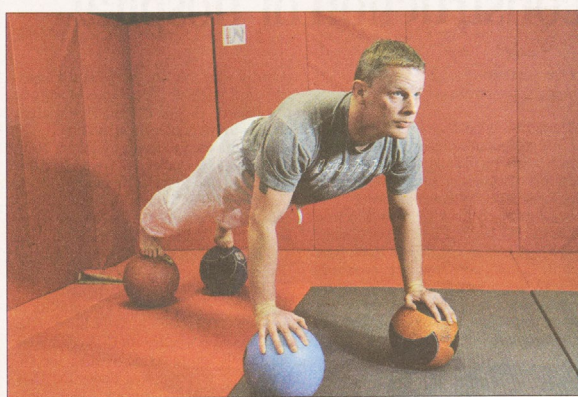
Now, the 5'10", 195-pound Imholz trains Jiu-Jitsu two to four days per week. When he is readying himself for a martial arts competition, Imholz trains, or rolls, in Jiu-Jitsu six days a week. "I love the complexity of it," he said. "You never get to a point where you can't learn something new."

A typical Brazilian Jiu-Jitsu class at Grappling Concepts consists of a 15-minute warm-up followed by 45 minutes of technique instruction. Techniques are centered around dominant or controlling positions such as a full mount (straddling an opponent's chest). From those positions, students practice choke holds and joint locks, including armbar submissions, meant to force an opponent to tap out. "It's safer training and it's more realistic," Imholz said. "When you do striking arts and go 100 percent either you're going to get hurt or the person you're training with is going to get hurt."

After technique instruction, students roll anywhere from half an hour to an hour.

Aside from less impact on his frame, Imholz said a Jiu-Jitsu session can burn 750 calories. "Imagine laying on your back with someone holding you down and you're trying to get up for an hour," he said.

For more photos of Brian Imholz, visit stlouis.bizjournals.com



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As Clayco's wellness director, Brian Imholz personally trains some 70 of the construction company's employees a week. | PAGE 15