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Gino Caccavale may be pushing 50, but he has no intentions of slowing down. His personal dedication to fitness, he admits, is "a little crazy." The technical consultant for *Muscle & Fitness* maintains 6% body fat through a strict dietary regimen.

"I wake up at 4 a.m. and start eating. I eat like eight times a day and train twice a day," Caccavale says. "I'm going to be 50 soon, so it scares me."



Before [Caccavale](#) became an established fitness instructor, training celebrities like Carmen Electra and Backstreet Boy Nick Carter's fiancé Lauren Kitt, Gino was making ends meet as a bounty hunter, which he assures is nothing like you might've seen on A&E's "Dog the Bounty Hunter."

"We don't have badges around our necks. We don't have a black SUV. We would never roll up like that. They would see us coming from a mile away," Caccavale says.

In 1989, four years prior to his time as a bounty hunter, Caccavale won Mr. Connecticut, his first bodybuilding competition, after only a year and a half of training. "It happened pretty quick," Caccavale says. "I come from a pretty overweight family. I started weightlifting to break out of that."

Now with nearly 30 years of training under his belt, Caccavale will soon be releasing his own workout, "[Rezist](#)," which specializes in multi-joint training in order to maximize calories burned.

"The more joints you move, the more muscles you move, the more calories you're going to burn," Caccavale explains. "We incorporate 'mini plyometrics' with weight training because of the calorie burning. We'll do jumping bicep movements. We'll squat, touch the weight to the floor, jump, then squat again and curl."

Rezist is for people of all levels of fitness, including beginners. "We take the beginner/lightweight from just bicep curls and bench press, and incorporate some sort of movement, whether it's a lunge and curl or squat and press," Caccavale says.