

Corey Calliet's Creed

The seasoned celebrity trainer-body transformation specialist-TV personality answers our fitness questions

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One look at Corey Calliet and it's safe to assume that this handsome, muscular guy knows a thing or two about staying fit. Corey has made a name for himself by transforming and sculpting bodies, particularly celebrities' physiques, like Michael B. Jordan (for his films, *Creed* and *Creed II*, in which Corey will appear, in theaters November 21); the stars of *Black Panther*; and clients on *E!s Revenge Body by Khloe Kardashian*. Additionally, Corey is the face of ProBalance Protein Water and was recently named one of the 50 Most Fit Men in the World, alongside Michael Phelps and Conor McGregor, on the Flex50 list by *AskMen Magazine*. We asked the buff fitness expert for his advice/tips and here's what he shared.



What are the top three things we should be doing to stay in shape during the holidays?

Corey Calliet: The three things that should be done to stay in shape for the holidays is: control your portions, limit your sugar intake, and don't skip meals!

If you had to choose one stomach/core exercise we should incorporate into our fitness routine right now, what would it be?

CC: A hollow rock —it's a more advanced version of the hollow hold. It requires a high degree of core engagement, as well as the coordination to move both the upper and lower body.

What's your best fitness advice for someone looking to lose 5-10 pounds quickly?

CC: Cut the processed sugars.



Do you think calorie-counting is effective/essential to weight-loss?

CC: Absolutely, but mainly it is a way to ensure that we are not overeating or not eating enough and making sure we are fueling those bodies for those workouts!

We keep hearing about intermittent fasting, do you recommend this to clients?

CC: I would recommend it for fat loss, but I would also recommend to not do it for long periods of time.

How many days a week should we be working out?

CC: I would say maximum 5 days a week, minimum 3.

What's your New Year's fitness resolution?

CC: To shred a little bit more, but still maintain my mature muscle.



You're a leading trainer/TV personality on E!'s *Revenge Body* by *Khloe Kardashian*, how do you keep your clients motivated when they aren't seeing the immediate results they want?

CC: I stay in touch with my clients by phone and text. I remind them that consistency is the key to their success, and that they may not be where they want, but they are further than where they were.

What was your favorite part about filming *Creed II*?

CC: Seeing Michael's [B. Jordan] transformation because he was putting in tremendous amounts of work, as well as working alongside some legends like Sylvester Stallone. It was a privilege to be working on the same project as him. ML

Keep up with Corey on Instagram: @MrCalliet and www.coreycalliet.com