

Participant of the Month October 2007



Eleanor Aspiras is the Seal Beach Fitness Center participant of the month for October. Eleanor currently works in Huntington Beach as an Industrial Security Specialist. Prior to working in Huntington Beach, she worked at Boeing Satellite Systems and The Raytheon Company in El Segundo.

Eleanor or “Elle” started weight training in 1986. She joined Holiday Health Spa, now Bally’s Total Fitness, at 18 years old and lost an amazing 50 pounds. As she continued to train, her workouts progressed towards strength training, and she accomplished an amazing lift of 225 pounds on the bench press. For the past 20 years, she has trained at multiple fitness locations that included Gold’s Gym in Venice Beach and 24 Hour Fitness. She has trained with many accomplished bodybuilders, including the reigning Ms. Olympia, Iris Kyle, who provided motivation, training techniques, and nutritional guidance.

Elle started using the Seal Beach Fitness Center in December of 2005. She trains four to five times per week, and varies her routine monthly. Her intense program calls for an hour of strength training and 30 to 60 minutes of cardiovascular training. Her training program is tailored to help her continue her reign as champion at the Huntington Beach Bench Press competition. Elle has held the title for three years and has increased her lift by 10 pounds each year. She last lifted 175 pounds at the competition in April of this year and is determined to reach her past goal of 225 pounds.

Drawn to sports, Elle is not afraid to try something new. Aside from working out, she uses her athleticism on the slopes. During the winter season, Elle enjoys snowboarding twice a week. She currently boards the intermediate slope, but is determined to improve her skills and progress forward. Earlier this year, she took a vacation to Brian Head, Utah to put her snowboard abilities to the test. Aside from snowboarding, Elle also enjoys hiking, bike riding, jet-skiing, and traveling. She has been on seven different cruises and plans on taking her next cruise to Alaska.

Whether it’s in the gym “pumping iron” or on the mountain “shredding the peak”, Elle has demonstrated that the versatility of the human body is limitless. Elle would like to mention to anyone who is new to lifting weights, “Don’t be afraid of the weights and always use proper form”. Hats off to Eleanor Aspiras for being the Seal Beach Fitness Center participant of the month.