

# Todd Gates '88

Owner, MCore FTS, LLC [www.mcorefts.com](http://www.mcorefts.com)



Todd's journey to Suffield Academy began in the mid-1980's after one of his neighbors attended the school and recommended he apply. "I had a really good vibe on the tour," says Todd. "As a minority, I was never judged. In fact, if everyone treated each other the way they do at Suffield, the world would be a much more peaceful place. I posted that comment to my Facebook page recently!" Todd came to Suffield after graduating from Fay School and flourished as a scholar/athlete, winning the Butler Cup as the school's most outstanding male athlete at the 1988 Commencement.

Todd credits Suffield Academy for both directly and indirectly affecting his line of work. He says Suffield taught him teamwork, acceptance, and comradere. "The community pushes you to be better."

Todd is now pushing people to be better every day. While a certified strength and conditioning coach at Rutgers University, he grew frustrated with the limited equipment available to trainers. He wanted to provide his clients with more options and be able to use an exercise bench that would both fit his athletes and work their core at the same time. So in 2005, Todd recruited five seniors in the Rutgers mechanical engineering department to help him create the movable bench that is now known as the TS1 (Training Station 1). A year later, he founded his company MCore FTS which sells different versions of the bench all over the country.

The TS1 bench is unique in that it's compact and ideal for small city apartments that don't allow for cumbersome workout equipment. "Gyms are shrinking so the bench is great because it's more compact...it doesn't take up as much space," Todd pointed out. "The Bowflex and Total Gym were for houses. My bench is a 21st century bench. It's designed to be brought outside. You can push it, pull it, do rehab with it. It's everywhere from studio apartments to training rooms to physical therapy clinics."

Todd's inspiration to build something that would change the face of the fitness industry came from his own experience and the mentors he had in his life—these include strength coaches Johnny Parker, Robb Rogers, and Al Vermeil—who he credits with pushing him to work harder and do better. "As soon as you improve someone's quality of life and alleviate their pain, you got 'em! But you can't take credit for your clients' successes just like you can't take credit for their failures. Your teachers can only tell you so much. My training philosophy is that the only reason we push you to your physical limits is because we care. If we're not pushing you, it means we don't care. That's when you should worry. And if at the end of the day, you can look in the mirror and say, 'I did everything I could to be better,' then I've done my job."

Todd's desire to change people's lives for the better is not slowing down anytime soon. MCore FTS recently partnered with Bozu Ball to make a new bench. "It adds instability but in a safe way," says Todd. "Finding the balance in life is what it's all about."



The TS1 bench



## Todd's Health and Wellness Advice

### Learn under someone.

Get with a credible fitness professional. Springfield College is a great resource. I used to work with graduate assistants from Springfield. They have a ton of strength & conditioning coaches.

### Juice.

I love juicing. I do my own with carrots, beets, kale, and ginger.

### Make better choices.

I don't like the word "diet." The first three letters are D-I-E. Remember that it's about choices. Your heavier meals should be morning and afternoon, when you need more energy. Your lighter meal should be dinner. Higher protein and less carbs later in the day. Get more greens into your body and don't eat processed foods. You can't out-train a bad diet.

### Be accountable for your actions.

Live healthy all the time, especially when you go off to college. The first trimester is the hardest because there are so many temptations. After that, it's cake. Be smart.

### Have good people around you.

I was lucky in that I was in the right place at the right time. But I'm an outlier. Timing really is everything.