



## Alonzo Wilson: Tone House Founder and Master Instructor

May 10th, 2014



**Who:** Alonzo Wilson

**What:** [Tone House](#) Founder and Master Instructor

**Where:** New York, NY

**Fitness Personality:** gym rat

**My Everyday Mantra:**

If it was easy everyone would do it. If it doesn't challenge you, it doesn't change you.

**My BurnThis Moment:**

In high school I was shocked that aside from the average Physical Education class that all students were required to attend, only 10% of my classmates were exposed to challenging

conditioning workouts through team sports. I think everyone should have the opportunity to workout like an elite athlete and feel the motivation and inspiration that team sports provides, which is why I opened Tone House.

**Best Fit Tip:**

Stop being stationary, your body is meant to move in all directions – forward, backwards, up and don't. Don't waste your workout with poor diet – don't eat carbs at night!

**Find Me Burning At:**

[Tone House NYC](#)

**In My Gym Bag:**

TRX Suspension Trainer & Rip Trainer, (resistance) Bands to make 'em dance, Val Slides, Green Tea and a [Quest Bar](#) (1 gram sugar, 20 grams of protein, 5 net calories),

**Favorite Local Post-Burn Treat:**

[NatureWorks](#) – The Riviera without brown rice, spinach instead. The protein brownies are to die for!