

“My Weekday Workout in the COVID-19 Era: Becker & Poliakoff’s Scott Marcus,” Law.com

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Don't let the pandemic slow down your workout regime. Becker Shareholder Scott Marcus used to work out four to five times a week before the coronavirus forced his local gyms and workout studios to close. When he worked out he focused on 30-45 minutes on the Stairmaster—a machine that offers moderate to intense cardio with little to no impact. Next he would partake in his Jiujitsu training, which included group classes or a private sessions.

Working out is important to him because it gives him that “satisfying feeling, accomplishment, heart health management and weight management.” So when the coronavirus COVID-19 hit resulting in the temporary closure of non-essential businesses, he didn't let it slow him down.

While he had to cancel his Jiujitsu classes because, according to him, “Jiujitsu is the “anti-social distancing workout,” Scott instead focuses on equipment he can find at home. “There is...no excuse not to use this time wisely to move the body and eat healthy,” he says.

Click [here](#) to read Scott's full interview on Law.com.