

meet our trainers



personaltraining

#TakeAction



Certification: Strength and Conditioning Specialist. International Sports Science Association Carpinteria CA., C.P.R/ First Aid certified from American Heart Association, Boxing Instructor Certified.

Focus: Building up cardiovascular endurance form presentation. muscle mechanics and biomechanics concepts of exercise and kinesiology of exercise.



Personal Bio: My philosophy as a personal trainer is to take my clients weaknesses and turned them into strengths. To build their confidence and self-awareness in what they are doing. Show them design concepts on how to do exercises and how to push themselves through the pain to get the results they want. It is very necessary to take a client beyond what they are used to doing. That's the only way you see progress. I lead them in the hard work to get the body and health they want and desire.



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TURN INTENTION
INTO ACTION