



# Adam D.

## CERTIFICATIONS/EDUCATION

NASM - Certified Personal Trainer

ACE First Aid/CPR/AED

University of North Texas: Pursuing Bachelor in Integrated Business;  
International. Minor in Theatre Arts



## TRAINING PHILOSOPHY

Personal training is an investment in an individual's long-term health. I believe in treating each client's goals with the upmost respect and diligence to help create the lifestyle they envision for themselves.

Through a personalized program of optimal weight training, cardio, and balance exercises, individuals can see improvements in every aspect of their lives. From body composition to functional strength, I hope to aid each client in achieving at the highest level possible along their fitness journey. As a trainer I've made it my mission to help light each individual's path to achieve their best version of themselves both in and out of the gym.

## MOTTO

"It is a shame for one to grow old without seeing the beauty and strength of which their body is capable"

-Socrates



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