



# Shamar J.

## CERTIFICATIONS/EDUCATION

CSCS

ACE Certified Personal Trainer

Red Cross CPR/AED/First Aid



## TRAINING PHILOSOPHY

There is a difference between “working out” and “training.” Training has a reason, whatever that goal may be, make sure it is meaningful and done on purpose so that you can stick to it.

## MOTTO

““Fitness” and “Nutrition” are only two facets of healthy life. Work on your “community,” “recovery,” “mobility,” “mindfulness,” and ultimately “consistency” are pillars just as important to having a healthy and long life.” – Dash, Swolenormous



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