



James Lane

CERTIFICATIONS/EDUCATION

ISSA Certified Personal Training

Pursuing a Bachelor's in Integrative
Studies



TRAINING PHILOSOPHY

I approach fitness with an emphasis on challenging the body and making consistent progress through intentional training. My experience as a trainer has taught me that pushing someone's body physically can also lead them to powerful mental growth. I'm committed to exploring a variety of strategies to help others achieve their goals while adapting along the way based on progress, preferences, and honest feedback. It's incredibly rewarding to watch clients prove to themselves what they're capable of and see them grow in other areas of life as a result.

MOTTO

"Some people want it to happen, some wish it would happen, others make it happen." - Michael Jordan



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