



Ruth

CERTIFICATIONS/EDUCATION

ISSA – Certified Personal Training

UNT – Pursuing a Bachelors in Biology
2027



TRAINING PHILOSOPHY

When it comes to training, I believe that time is one of the most important factors in anyone's fitness journey. It keeps people from working out as most people struggle to find a way to realistically fit a trip to the gym into their schedules. Countless times I've witnessed friends and clients suffer from burnout as they spend hours upon hours in the gym; however, over time my training philosophy has developed into a form of fitness that achieves ample intensity for progress in both a timely and simple manner. After training both myself and others, young and old, in bodybuilding and powerlifting I've found that with the right combination of intensity and proper recovery anyone can truly achieve the goals they set themselves up for with the right help.

MOTTO

"One cannot actualize their goals until they visualize them clearly in the minds eye" - Mike Mentzer



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