



# Jaxon S.

## CERTIFICATIONS/EDUCATION

NASM Certified Personal Trainer  
CPR/AED certified

Pursuing Bachelors of Science in  
Kinesiology



## TRAINING PHILOSOPHY

Training and science seem like they have nothing in common, but that is far from the truth. Every client is different; each individual has specific goals they are trying to obtain. This means trainers can't take the same approach to train every client, and that's why we have science. As a trainer I have to take my time to truly understand my client's needs, ambitions, and goals to be able to design a program that will generate specific adaptations to imposed demands, through the use of scientific reasoning. Science based reasoning combines both the client's specific goals and general exercise principles, to formulate a training program that incorporates intentional exercises for the purpose of obtaining and surpassing each individual client's goals.

## MOTTO

"Work Hard, Play Hard, Be Awesome, and Smile Always!" – Andrea Swanson



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