



David D.

CERTIFICATIONS/EDUCATION

ACE Certified Personal Trainer

CPR/AED Certified

Pursuing BBA in Finance



TRAINING PHILOSOPHY

My training philosophy is based on the belief that with enough hard work and dedication, anything is possible. As your trainer, I aim to push you beyond the limits of what you think you are capable of.

Through customized weight training and functional fitness, I aim to greatly improve my client's physical and mental health. Every client's fitness journey is different and as their trainer, my goal is to help them embrace the process and incorporate fitness into their lifestyle.

MOTTO

"Start today, not tomorrow, not next week, but now."



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