



Lamont J.

CERTIFICATIONS/EDUCATION

ACE Certified Personal Trainer
Red Cross CPR/AED/First Aid



TRAINING PHILOSOPHY

My philosophy as a personal trainer is centered on hard work and dedication. I believe that through consistent effort and a commitment to pushing oneself beyond perceived limits, anyone can achieve their fitness goals. Ultimately, my goal is to inspire and motivate clients to become the best version of themselves, both physically and mentally.

MOTTO

“Strength through hard work, dedication, and perseverance.”



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