



# Seth D.

## CERTIFICATIONS/EDUCATION

ACE Certified Personal Trainer

CPR Certified

Pursuing a Bachelors in Kinesiology



## TRAINING PHILOSOPHY

I believe in every client and their specific goals in search of progression. I want many others to experience fitness in a positive way and leave a lasting successful impression. Promising to always take a unique approach to find what works for clients who will train with me.

## MOTTO

“You can have results or excuses. Not both.” – Arnold Schwarzenegger



@UNTRCSPORTS

RECREATIONAL SPORTS

[www.recsports.unt.edu](http://www.recsports.unt.edu)

940-565-2275 | 940-369-8347

