

BJ

Certifications:

Cooper Institute-Certified Personal Trainer



Personal Information:

I recently received my Bachelors of Science in Kinesiology from UNT. I give my clients 100% of me. I am well versed in cardiovascular training and resistance training. I have had a lot of success with clients in weight loss and muscle gain. I am also trained in boxing and have had multiple fights. I like to play football in my free time and was on my High School Wrestling team.

Motto:

The only way a plane takes flight is against the wind.



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