



Raymundo

CERTIFICATIONS

Cooper Institute-Certified Personal Trainer

PERSONAL INFO

Hi, I am Raymundo Castorena and I believe fitness and exercise should be an essential part in everyone's life. Growing up I've always played sports and stayed active, but as I grew older I realize I had less time for team sports so I started to focus on weightlifting and strength training. I specialized in resistance training, and weight loss and want to help my clients become the best version of themselves. I work for my clients and want their experience to be the best to my ability as I can provide for their specific needs. The first step to change is taking the initiative to make it happen. Let me join you and help you reach your fitness goals.

MOTTO

"A river cuts through rock, not because of its power, but because of its persistent."

-Jim Watkins



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