



# Anthony

## CERTIFICATIONS

AFFA-Certified Personal Trainer



## PERSONAL INFO

My name is Anthony Jackson, and it is my mission to help you become the best version of you. I obtained my certification through AFAA while working at an elite training facility where I've trained athletes, individuals recovering from injury, and individuals looking to get back into shape. I also have experience running youth speed and agility camps. The knowledge I have acquired thus far has given me the experience and skill to tailor a workout specifically to your needs and wants out of your fitness journey. You've taken a great step in inquiring about a personal trainer, and I urge you to set up a consultation so together we can further your progress in reaching your goals.

## MOTTO

"A dream does not become reality through magic; it takes sweat, determination and hard work." – Colin Powell



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