



**“Motivation will wane.
Discipline is resolute.”**

TERRY COX

ABOUT ME

My journey into fitness began 38 years ago while I was in the military. In addition to calisthenics and running, a couple of people in my first unity introduced me to weight training. A few years after the military, I joined the Fire Service and quickly became an instructor at the local community college for the Fire Science program. Part of the program included preparing candidates for the rigors of firefighting using a program labeled Functional Fitness for the Occupational Athlete. After 18 years, I left the Fire Service but still had a desire to help people realize fitness goals. I became an ISSA certified trainer in 2022 and I truly enjoy working with clients to meet their fitness goals.

SPECIALIZATIONS

- Strength Training
- Power Building
- Body Building

CERTIFICATIONS

- ISSA Personal Training

BIGGEST RESULT WITH A CLIENT

A client in their mid-sixties saw a significant decrease in body fat, an increase in lean muscle mass, and most importantly, an increase in mobility and function resulting in better quality of life.

MY TRAINING STYLE

I design programs related to client goals using primarily resistance training in the form of basic compound movements. I believe training should be progressively challenging and fun.

FAVORITE WORKOUT

Pull Day. For me, this includes moderately heavy deadlifts, rows, and various pullups.

MY Y STORY

Although I have only been with the Minot Y for a short time, I have been a Y member at various locations in several states over the last 38 years. I have always found the equipment and atmosphere to be superior to most gyms/fitness clubs I have used.