

PERSONAL TRAINER

I began training with the simple intention of becoming the best version of myself. However, it evolved into so much more than that! I immersed myself into the fitness industry with a relentless passion towards lifting heavy, learning how to move better and sharing that with Others!

I use a broad to specific, highly individualized approach to ensure my clients achieve any goal they can dream up! Most importantly, we develop the tools and understanding to keep you growing far past that goal!



Blake

CREDENTIALS:

ACE Personal Fitness Trainer
Precision Nutrition Level 1
Pre-script Barbell Coach
Ready State Mobility Specialist

EDUCATION:

Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

Kinsmen
Londonderry