

## BIO >>>

My approach to fitness is more than what you can see in the mirror or on the scale. Fitness to me is about your mind and body working together to become the strongest person you can be. To achieve this idea of fitness, I use physically and mentally challenging movements to not only make you move but also make you think.

I've been Personal Training and teaching group exercise at the West Sacramento Recreation Center since 2013. I primarily work with youth strength athletes and general weight loss clients.



# JAKE

## CERTIFICATIONS >>>

National Personal Training Institute  
- 500 hour Personal Training Diploma  
- 100 hour Nutrition Certificate  
NASM – Certified Personal Trainer  
CPR/ AED and First Aid Certified  
TRX Suspension Trainer Qualification

## EXPERIENCE:>>>

Bootcamp Training  
Athletic Training  
Strength and Conditioning  
Sport Specific Training



WEST SACRAMENTO  
RECREATION  
CENTER