

MEET YOUR TRAINER

BRENDON

Certified Personal Trainer



CERTIFICATIONS & EXPERIENCE:

Brandon is an IFTA Certified Personal Trainer.

BIO:

I have been pursuing a career in professional bodybuilding since 2017 and have been training people for almost as long. My passion for the process is, what I would consider, one of my strongest attributes. I am naturally a teacher so be prepared for a lot of science along with what you might consider "basic" personal training, not only is it my goal to show you how to workout, it is an even bigger goal of mine to have you understand the "why?"

This process that I have developed has shown over the years I've been using it to be very effective, resulting in a much less likelihood of needing to find a new personal trainer once you inevitably take off from beautiful Germany!