



Jeff D. Monroe

TRAINING SPECIALTIES

- Weight/Fat Loss
- Body Toning
- Plyometrics
- Healthy Eating Habits
- Enthusiasm, Knowledge, Passion & Motivation

TRAINING MODALITIES

- Resistance Training
- Cardio Training
- Interval Training
- Flexibility Training
- Core Training

FITNESS PHILOSOPHY

"Let nothing stop you and nothing will, because in the end, failure is not an option and success is not an accident."

QUALIFICATIONS

- ACE Certified
- CPR & AED Certified
- Marathoner & Triathlete
- Optimistic & Energetic