

Personal Trainer

Jordan Younger



QUALIFICATIONS

- Bachelor of Science in Human Performance & Sport
with an emphasis in Adult Fitness & Adaptive Exercise

SPECIALTIES

- Strength Training/Powerlifting
- Sports Conditioning
- General Weight Loss
- Youth Fitness
- Adaptive Exercise/Working with people with disabilities

WHY HIS APPROACH IS EFFECTIVE

- Develops personalized workouts based on goals and abilities
- Helps clients understand the basics of fitness and how it impacts health

FAVORITE EXERCISES

- Lunges
- Bench press
- Pull-ups