

Darryl Gallegos



QUALIFICATIONS

- ISSA Certified Personal Trainer
- ISSA Certified Strength and Conditioning
- ISSA Certified Nutritional Coach
- ISSA Elite Fitness Trainer

SPECIALTIES

- Athletic Strength and Conditioning
- Speed/Agility Training
- Youth Athletic Strength and Conditioning
- Personal Training
- Nutrition

Why His Approach is Effective

- Believes in the development of all his clients.
- His goal is to create the best version of yourself!
- Building mental toughness while having a smile.
- Finding the goals of the client and discovering the best way to achieve it

Favorite Exercises

- Bench Press
- Squat
- Power Clean
- Plyometrics