

# Personal Trainer

## Leah Fuester



### **CERTIFICATIONS**

- NASM Certified Personal Trainer
- SCW Certified Personal Trainer
- Cancer Exercise Specialist
- P90X, Insanity, PiYo, TurboKick, Schwinn Cycle, SHIFT Fitness

### **SPECIALTIES**

- Youth exercise
- Exercise for cancer patients
- Strength training
- Functional training

### **WHY HER APPROACH IS EFFECTIVE**

- Tailors program to fit each person's specific needs and goals
- Provides a high level of support and encouragement
- Goal oriented training

### **FAVORITE EXERCISES**

- Front squat
- Deadlift
- Standing cable row