

Brian Myers

NSCA Certified Personal Trainer



Brian has been training since October 2007. He specializes in cross fit and kettle bells. Training with Brian, you can expect to learn something new every session and feel good about your workout when you leave. Here are some tips he recommends:

- To change up your exercise routine, try doing high intensity workouts for 30 minutes to push your limits for a shorter time.
- Doing kettle bell swings is the best tool for decreasing body fat.
- Bodyweight training can be used as an effective workout while you're out of town or if you are unable to make it to the gym.

For a training session with Brian, call 570-2151.

