

Greg Morris

Cooper Institute Certified Personal Trainer



Greg has been training since August 2006. He also has a bachelor's in health & human performance. He specializes in body sculpting and lifting. Training with Greg, you can expect to be more in shape and definition. Here are some tips he recommends:

- Get at least 7 hours of sleep at night and drink about 8-10 cups of water a day.
- Weight train 2 times a week and do 3 30-minute cardio sessions.
- Do not train the same muscle group every-day to allow time for recovery and regeneration.
- Take at least one day off for recovery, enjoy your day!

For a training session with Greg, call 336-9852.

