

Roxanne Myers

NSCA Certified Personal Trainer



Roxanne has been training since March 2010. She specializes in kettle bells and power lifting. Training with Roxanne, you can expect to learn more about kettle bells, power lifting techniques, pull-ups and all body weight exercises along with proper skills. Here are some tips she recommends:

- Have plenty of replenishing protein as a post-work out meal such as a smoothie, protein bar, etc.
- Because of overall size, working your legs and back is the best bet for adding quality muscle and torching fat. Too often people spend all of their time on bicep moves and crunches. Compound moves for the major groups are best. Try squats, lunges, dead...lifts, pull-ups, and bench press! You'll have the results you've been wanting in no time!

For a training session with Roxanne, call 679-4281.

