

Eli Taylor

Fitness Philosophy

I believe that fitness is a vital aspect in achieving and maintaining a healthy and productive lifestyle. It can be used to improve your body and mental state, as well as assist in allowing you to live a longer and healthier life. It is my job to help boost you on your ladder to that healthy lifestyle in whatever degree that may be, from learning how to use gym equipment to competing in a bodybuilding competition, I am here as a resource for you.

Areas of Expertise and Interest

Expertise:

- sport specific training programs
- weightlifting for strength and size
- cardiovascular performance and endurance
- bodyweight fitness
- plyometrics
- bodybuilding

Fitness Interests:

- sport specific training programs
- weightlifting for strength and size
- cardiovascular performance and endurance
- bodyweight fitness
- bodybuilding
- physiological and psychological connection

Education and Certification(s)

- ISSA Personal Trainer (July 2021)
- CPR Certified (July 2021)