



Mason Spires

Fitness Philosophy

Fitness is more than a chore that is done a few times each week. It is more than a route to a 'six pack' or 'bigger arms.' Fitness is a lifestyle that can enhance the quality of our lives. We can use it to become stronger, better looking, or to simply feel happier throughout our day. Whether your goals are for the gym, the field, or for your living room, it is my passion to help you along your fitness journey.

Areas of Expertise and Interest

Expertise:

- Muscle Gain
- Fat Loss
- Resistance Training for Strength/Hypertrophy
- Cardiovascular Training for Health/Wellness
- Flexibility Training
- Stability and Balance Training
- Injury Prevention

Fitness Interests:

- Bodybuilding
- Powerlifting
- Martial Arts
- Yoga
- Improving Quality of Life

Education and Certification(s)

- National Academy of Sports Medicine Personal Trainer (March 2022)
- American Red Cross CPR/AED Certified (May 2022)
 - Includes First Aid certification