

Zach Hands



Fitness Philosophy	I believe that living a healthy lifestyle begins with creating good habits that you can stick to LONG TERM. I will help you create these habits so that you can reach your long-term healthy lifestyle and fitness goals through consistent effort. I believe that everyone should strive for health, and I'm here to help.
Areas of Expertise and Interest	<p>Expertise:</p> <ul style="list-style-type: none">Strength training through compound liftsHypertrophy/muscle growth trainingPower training to improve performance goalsFunctional movement trainingWeight loss/body composition trainingConditioning/cardiovascular training <p>Fitness Interests:</p> <ul style="list-style-type: none">Functional Training to increase mobility and day to day comfortStrength training for increased strength/maximum lifting abilityTraining specifically for muscle growth/hypertrophyPower Training to increase performance goalsIncreasing lung capacity through cardiovascular training
Education and Certification(s)	<ul style="list-style-type: none">ACE Certified personal trainerCPR/AED Certified