

MICHAEL QUINN

personal trainer

SPECIALITIES

- Individualized program design for any age, personality, exercise experience, goal and schedule
- Strength training, functional fitness, endurance training, balance, flexibility, functional movement, mobility, speed, agility, athletic conditioning.
- HIIT, TRX, Body Weight Workout, ORC training (Spartan, Tough Mudder)
- Strength Training over 50
- Behavioral Change Coaching

QUALIFICATIONS

- American Council of Exercise, Certified Personal Trainer
- American Safety and Health Institute, CPR/AED Certified
- TRX qualified



Being a personal trainer is not about me, it's about helping those I work with become a better version of themselves no matter the magnitude of change. Prior to becoming a Personal Trainer, I worked in Public Education for over a decade, one of the most rewarding experiences thus far. As a trainer, I am still an educator, it just happens to be a different scope of practice that fills my daily cup with gratitude. I truly love what I do. What I love most, is watching those I train put in the time, hard work, and effort it takes to meet the goals they set, and exceeding them beyond their wildest expectations. What has allowed me to see success with my clients is my adaptability to change. Understanding that every day is uniquely different, and no two encounters will ever be the same, being rigid is not in my cards. My job as a trainer, is to guild you along in your personal journey of self-development and self-discovery. Health is the greatest gift you can ever give yourself, what you think is what you become. Together we shall cross the finish line regardless of how long or difficult the voyage may be.



HIGHLANDS RANCH
COMMUNITY ASSOCIATION