



DANIEL LANDRY

DEGREES & CERTIFICATIONS

- NCSF Personal Trainer
- Tribe Team Coach
- ACE Health Coach
- Studying Health and Exercise Science
- CPR/AED & First Aid Certified

SPECIALTIES & AREAS OF EXPERTISE

- Small Group training- Bootcamps
- HIIT Training
- Sport Specific Training
- General fitness
- Weight loss
- Hypertrophy Training

TRAINING PHILOSOPHY

Just like Henry Ford said, “Whether you think you *can* or *can't*, you’re right.” I believe anybody has the capability of doing anything*, you just need to do it at your own pace. When people understand that, they usually stay in it for the long run. Training shouldn’t be dreadful, it should be viewed as an opportunity to become a better you.

*well not everything, but you get the point!

