



ASHLEY TALEBI

DEGREES & CERTIFICATIONS

- NASM Certified Personal Trainer
- NASM Fitness Nutrition Specialist
- Bachelors of Science, Nutrition & Food Science from Colorado State University
- Spin Certified Instructor
- CPR/AED and First Aid Certified

SPECIALTIES & AREAS OF EXPERTISE

- Athletic cross training
- Dietary consultations
- Weight loss
- Senior stability and weight lifting
- Plyometrics
- Proper stretching and foam rolling techniques
- Core strength
- Cardio endurance

HOBBIES & INTERESTS

- Mountain biking (downhill and cross country)
- Hot yoga
- Volleyball
- Cooking
- Watching sports on the weekends

TRAINING PHILOSOPHY

Always find new and different ways to challenge yourself. The human body is an amazing machine. Take every opportunity to push it to the next level. Try yoga, go trail running, take dance lessons, lift heavier than normal, change your reps... in any case keep your body guessing and you *will* see changes.

