



Jeremy Finkenstadt

DEGREES & CERTIFICATIONS

- Foundations Healthy Back Certified
- NASM Certified Personal Trainer
- CPR/AED Certified
- CrossFit Level 1 Trainer
- NASM Nutrition Coach

SPECIALTIES & AREAS OF EXPERTISE

- Youth Training
- Knee Rehabilitation
- Back Pain
- Sports Specific Training
- Powerlifting
- Body Building
- General Body Recomposition



HOBBIES & INTERESTS

- Watching/ Playing Hockey & Golf
- Hiking & Camping
- Spending time with my girlfriend & our dogs
- Exploring local eateries & breweries
- Reading & learning more about fitness & health.

TRAINING PHILOSOPHY

"I am here to help my clients reach their goals - if those goals aren't being accomplished I'm not doing my job. Fitness effects every aspect of life and as we grow and get healthier, every other aspect of life will continue to improve. Sustainable and maintainable goals are the best goals for day to day life."