



HOMETOWN

Chicago, Illinois

EDUCATION

Highschool diploma and Associate of Arts

CERTIFICATIONS

IFTA Personal Trainer Certification

SPECIALTY

TRX and AFTERBURN

MOTTO

Be passionate, be intense, be humble,
and give it your all

FAVORITE EXERCISE

Bent over row

BIO

I grew up around sports and the outdoors and being very competitive in whatever sport or activity I would do as a kid. I took that same competitive spirit with me when I first started to get serious about the gym and being fit, and now, into my Muay Thai and Jiu Jitsu experience. I believe that the traits you learn from the gym, such as patience, consistency, and a strong mental will power can be applied in anything you do in life. Go into each day being the best self you can be and approach each day with passion, intensity, and be humble. You give me 100% in and out of the gym and I will give you 100% to make sure you succeed.



YMCA Personal Trainer

CAMERON SATO