



MEET THE TRAINER

Jacob Hutchinson

Certifications

FiTour Advanced Personal Trainer Certification

Specialties

- High level knowledge of proper exercise technique, energy exertion, hypertrophy training, and progressive overload.
- Creating a sustainable, yet progressively challenging workout routine tailored to your personal goals/needs.
- Understanding YOUR limit and pushing that limit further than perceived, safely.
- Showing YOU how to do all of this ON YOUR OWN.



Personal Bio | Training Philosophy

My philosophy of training is one that is tried and true, used by many of the world's greatest leaders: **Time**, **consistency**, and **dedication**. There is no secret hack to losing weight. There is no special trick to hit a new personal record. Do YOU want to make a change in YOUR life, but aren't sure when or where to start? When: NOW Where: WITH ME!

Let me be YOUR starting point towards healthy living, TODAY.

Quote: The stronger the why, the easier the how.

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Availability
Monday-Friday