



Samuel

CERTIFICATIONS

ISSA Certified Personal Trainer

ISSA Nutritionist



TRAINING PHILOSOPHY

My training philosophy is grounded in hard work and unwavering dedication. I believe consistent effort and pushing beyond one's limits are key to achieving any fitness goal. My aim is to not only guide clients towards physical transformation but also to inspire a mental shift towards resilience and self-belief. By fostering a mindset of overcoming challenges, I motivate clients to become the best versions of themselves, embodying strength and confidence both in and out of the gym.

Motto

"Forge Your Path, Find Your Strength."



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