

**PERSONAL TRAINER PROFILE**

**PERSONAL TRAINER:** BEN COMBS



**CERTIFICATIONS:**

- B.S. Fitness & Sport Management,  
Central Washington University
- M.S. Exercise Science, Central  
Washington University
- Certified Strength & Conditioning  
Specialist (CSCS), National Strength &  
Conditioning Association

**BACKGROUND:**

My two passions in this world are living as healthy a life as possible and finding the humor in everyday situations. Basically, with me as your trainer, you get the most effective workout you've ever experienced and a bit of comedic relief. I've been personal training for over 7 years and am fully confident that I can dramatically increase any person's physical abilities. I enjoy working with clients of all backgrounds. Whether you are out of shape and/or new to exercise or you are an athlete seeking improvements in your strength and conditioning or maybe somewhere in between, I'd be elated to help you. I will develop workouts, based on your unique abilities that will take you to the next level and beyond. And I promise that you will have a good time.

When I'm not personal training, I enjoy challenging my body with its own intense workouts. I live the fitness life; you'll never find me eating junk or smoking cigarettes! I'm very interested in making and eating delicious, healthy foods, watching live sporting events, studying my craft and anything funny. I will consistently keep you fully updated on whatever is relevant or applicable to increasing your livelihood!

**SPECIALTIES:** MOVEMENT – METABOLIC DISORDERS – SPORT-SPECIFIC TRAINING –  
POWER LIFTING & ANAEROBIC IMPROVEMENT – STRENGTH & CONDITIONING –  
AESTHETICS – BALANCE