

**PERSONAL TRAINER PROFILE**

**PERSONAL TRAINER:** LAMONT FISH



**CERTIFICATIONS:**

- B.S. Kinesiology, Arizona State University
- Certified Strength & Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA)

**BACKGROUND:**

I have worked with a broad clientele. My professional experience includes several years assisting at a physical therapy clinic designing functional trainings programs. I have trained adult professional athletes, most notably Milwaukee Brewers baseball players and Milwaukee Bucks basketball players. I've also worked with high school athletes competing in baseball and volleyball. I welcome the opportunity to work with weekend warriors or people with busy schedules who need a fast, yet challenging, exercise routine.

In my spare time, I enjoy being outdoors. While living in Arizona, I led mountain biking and hiking tours in the desert. I competitively raced cross-country mountain bikes in New York and Arizona, and completed a 24-hour mountain bike race for REI in Moab, Utah. I enjoy football, having been a defensive back for a Division III college.

Look as good as you feel—feel as good as you look.

**SPECIALTIES:** SPORT SPECIFIC TRAINING – FUNCTIONAL TRAINING – REHAB & PREHAB – POWER, SPEED, AGILITY TRAINING