

**PERSONAL TRAINER PROFILE**

**PERSONAL TRAINER:** SANATAN GOLDEN



**CERTIFICATIONS:**

- Doctor of Physical Therapy student, University of Washington
- B.S. Mechanical Engineering, Bucknell University
- Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association (NSCA)

**BACKGROUND:**

I became a fitness professional in 1999, following my interests in improving the performance of team-sports athletes. My pursuit of developing better speed, quickness, agility and explosive power led me to create the Total Neuromuscular Training (TNT) Academy, a successful multi sport training program in Portland, OR. Since my start, my clientele has expanded to include athletes and individuals wanting to achieve personal health and fitness goals. Recently I have been working with post injury/rehab clients and those with unique physical needs. My bottom line is this: “No matter where you may fall on the physical spectrum, I just love seeing clients improve.”

My workouts have three points of focus: technique, variety and education. Technique ensures that we actually work towards our goals. Variety not only stimulates that mind, body and spirit, but allows for optimal progress. Education permits my clients to learn the tools to achieve a lifetime of fitness. I like to create informed and independent exercisers who know what to do and why.

My personal interests include 10 years of elite Ultimate, and competing at National and World Championships. If I’m not studying for my classes, you can find with my outrigger canoe racing team, biking on the Burke, or playing hoops at the IMA

**SPECIALTIES:** STABILITY & BALANCE TRAINING – INTERVAL TRAINING – PLYOMETRIC & POWER TRAINING – INJURY PREVENTION – SPEED, AGILITY, QUICKNESS (SAQ) TRAINING