

Tom N

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



Training Motto:

The 40% rule is simple. When your mind tells you that you're exhausted, fried, and totally tapped out, you're really only 40% done: You still have 60% left in your tank. My motto - I let's work on the other 60% together.

Certifications/Education:

Northwestern University

- Bachelors of Science Electrical Engineering
- National Academy of Sports Medicine
- Certified Personal Trainer; American Red Cross
- CPR Certification

Specializations:

- Post Physical Therapy; Goal and Performance
- Weight loss; Cardiovascular Performance
- Weightlifting Mechanics; Beginner, Intermediate; Avdvanced

