

Jorge Contreras

Specialized Fitness Professional

Trainer Education:

NASM Certified Personal Trainer
BS Biological Psychology, UC Santa Barbara
Minor in Fitness Instruction
Emphasis in Personal Training, UC Santa Barbara

Trainer Specialization:

Sports specific training
Strength mass and power training
Core, balance, and proprioceptive training
Body building, special populations, weight loss
Boxing/MMA, group training, boot camp

Trainer Philosophy:

Through proper training and hard work lasting results can be achieved. The key is working out smart and hard and constantly pushing yourself to the next level.

The workouts I will design for you hit all three of these key points getting you the results you want, improving your self-esteem, and having fun along the way.

I have worked with Collegiate athletes to beginners, from youth to elderly, and everything in between. I cater my workouts to your individual needs. No matter what your experience level, I believe there is an athlete in all of us.

