

Aaron Hodges

Specialized Fitness Professional



Trainer Education:

BS, Exercise Science, Fresno State University
MA, Exercise Science, Fresno State University
NSCA certified Personal Trainer

Trainer Specialization:

Prehabilitation, sports conditioning,
strength training, biomechanics, and
Olympic lifting

Trainer Philosophy:

Consistency is the fastest way to lose weight or gain strength. Workouts should be fun for you and keep you interested. This is done by movements that engage the whole body in constantly changing ways. These constantly varying stimuli will also keep your body guessing so that it has no choice but to strengthen every part of your body. This results in any weak areas being brought up to the same level as the rest of you. Overall, the workouts should be fun and different so that you can not wait to get back into the gym!

