



**INTRODUCING**

**Thomas King**  
Personal Trainer &  
Group Exercise Instructor



Exercise and Fitness have been a big part of my life. I enjoy hiking, obstacle course races, crossfit competitions and weightlifting. I believe that if you can make it fun, people will want to continue doing it. That's the approach I take towards personal training. I like to make it enjoyable, and I also like to make sure my clients have fundamentals for movement and lifting. Whether you want to get in shape, get stronger, or increase your score on your physical fitness test, I'll be glad to help you.

## **EDUCATION & CERTIFICATIONS**

- National Academy of Sports Medicine (NASM) – Certified Personal Trainer
- International Sports Science Association (ISSA) Strength and Conditioning Specialist
- EXOS Tactical Training Systems Certificate
- EXOS Strength and Power Training Certificate
- CrossFit Level 1 Trainer
- BLS Certified