



LUKE GULDAN

FITNESS TRAINER & COACH

ABOUT ME

Certified Personal Trainer & Health Professional with two decades of experience. Trained a wide range of clients in NY, CA and FL. Recently hosted a free Make Fit FUN tour in Bogotá, Colombia. 5X Men's Health cover athlete.

CERTIFICATIONS

- NASM
- TRX
- SCHWINN
- CPR & AED

ACADEMIC HISTORY

UNIVERSITY OF FLORIDA
BACHELOR OF SCIENCE

ATCPD
ALEXANDER TECHNIQUE

THE LINKLATER INSTITUTE
BIO-ENERGETICS & BODY MECHANICS

CK CHU TAI CHI
SHORT & LONG FORM TAI CHI
NEI KONG

WORK EXPERIENCE

SOHO HOUSE
2023 - PRESENT

REVERENT TRAINING
2009 - PRESENT

RETRO FIT
2017-2020

MANSSION FITNESS
2017 - 2020

MENS HEALTH
2010-2017

SKILLS

2X INBF MR FITNESS
IFPA & WNBFF PRO CARD
NBC LXNY TRAINER OF THE YEAR
MUSIC CITY REGATTA
NYC MARATHON

