My Coaching Philosophy

Learn your body. Build your foundation. Evolve together.

Personal training is a process of learning, practice and adjustment. My goal is to help you build strength, health and confidence that carry into everyday life.

1 | Customization begins with observation

Before I can build a program that truly fits you, we need time working together. I observe how you move, what feels comfortable, how you recover and where you need support. A wellness session begins that conversation; it does not include a complete customized program.

2 | Elevate: eight sessions to build your foundation

Elevate is a short-term, eight-session program focused on movement basics, strength, exercise technique and gym equipment. At the end, I create one individualized workout plan based on what we have learned, your goals and the number of days you can realistically train each week.

That plan is designed for 4-6 weeks of consistent practice, with a review recommended around week 4. It gives you a starting structure; future revisions and ongoing coaching are part of continued training.

3 | Progress extends beyond our appointment

One session a week can be a valuable start, but reaching your larger goals requires consistent effort between sessions. For a one-hour weekly appointment, there are another 167 hours in the week. Your movement, nutrition, sleep, recovery and mindset all contribute to progress. We will choose realistic habits you can sustain.

4 | Ongoing coaching: a minimum 90-day commitment

Continued coaching begins with a minimum 90-day commitment, giving us time to practice, observe patterns and make thoughtful changes. Your health, goals, schedule, confidence and readiness may evolve. Your program will evolve with them. Ninety days is a foundation for progress, not a promise of a finished transformation.

5 | Patience, communication and shared responsibility

Come ready to practice, be patient and stay open to a change in approach. Tell me how you feel during training and afterward: discomfort, fatigue, recovery, confidence and what is realistic in your life. I will listen, explain the purpose of your exercises and adjust when needed. You bring honest feedback and consistent effort; I bring guidance, observation and encouragement.

The workout is the appointment.
The transformation happens between appointments.