



PERSONAL TRAINER

Thad Fuller

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Transformational Coaching Statement:
To inspire the pursuit of excellence in fitness
and wellness while enjoying the journey.

Qualifications

- National Academy of Sports Medicine, Certified Personal Trainer
- TRX Certified
- Certified 3 Dimensional Character Coach

Specialties

Corrective Exercise Specialist – A system of training that uses movement assessment to implement corrective exercise strategies that help to improve muscle imbalance and movement efficiency while decreasing pain and risk of injury.

Rossiter Stretching Coach – The Rossiter system of stretches is an effective way of preventing and relieving pain through powerful, purposeful two-person stretching. The stretching techniques free the connective tissues, restoring space to the body.

Community Involvement

Vice President, Thompson Valley Wrestling Club

**Take the first step. Email thadfuller1@gmail.com
to schedule an appointment with me today!**

