



RODNEY SAMUEL

Certified Personal Trainer - NASM
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BIO

Rodney received his degree in Exercise Science from the University of Mary in Bismarck, ND. Rodney obtain a personal training certification through the National Academy of Sports Medicine (NASM) and is currently preparing for the Sports Performance Enhancement and Corrective Exercise certification. He has been training for 4 years.

PHILOSOPHY ON TRAINING / FITNESS

My philosophy on training / fitness is that it should become a habit for everyone and not a struggle. If you set achievable goals for yourself they can be reached, but it starts with you first.

TRAINING STYLE

My training style is based on your goals. Whether your goal is toning, sculpting, weight loss, muscle gain, or just general fitness, I will definitely challenge your capabilities.

TYPE OF CLIENT

I enjoy working with clients who are looking to not only shape up or but to gain the knowledge and skill that I can teach in order to use for a lifetime.