



# Paul Spann, NSCA-CPT

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## **Education:**

Paul holds a Bachelors of Science Degree in Political Science / Pre-Law from Michigan State University.

## **Certifications:**

Paul is a Certified Personal Trainer through the National Strength and Conditioning Association and is also Crossfit L-1 Certified.

## **Area of Specialty:**

Functional (Core) Training

Weight Loss / Management

Youth Fitness

Competition Training

Athletic Strength & Conditioning

## **Experience:**

Paul has been Personal Training and Consulting for 14+ years.

## **Training Style/Philosophy:**

“Keeping the mind and body functioning at a high level is imperative. People of all ages must place priority on staying active.”

## **My Passion for Fitness Comes from:**

“My passion for fitness comes from its ability to help put life into perspective. It is truly therapeutic for mind, body, and soul.”

## **My Proudest Moment with a Client:**

“My proudest moment came with a 13 year old student athlete. With the assistance of training and nutrition, I watched him become not only a better athlete, but a more confident person.”

## **My Favorite Exercise/Training Tool:**

“My favorite exercise is the clam shell/hip external rotation/strengthening exercise. Glutes are one of the strongest muscle groups in the body. They stabilize and put driving power into any athletic movement.”