



FIT @ FIG PERSONAL TRAINING

Personal training at Fig is aimed at providing safe and effective workouts that allow you to achieve your desired level of fitness. Training sessions are highly personalized and last 45min. They begin with a general warm up followed by movement preparation exercises then quickly ramps up intensity to the optimal level, finishing with stretching to improve/maintain flexibility in key areas.

CAMERON SCHARNICK

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ABOUT CAMERON

Cameron is a certified personal trainer and has been perfecting his trade over the course of a decade. Cameron has studied with and under collegiate, professional, and olympic strength coaches. He offers strength training programs that are personalized to your strengths and weakness physically, as well as, specific to your predominate brain chemistry. He is a certified Metabolic Analytics Practitioner with the ability to access your hormonal profile based on a 14 cite skin fold system. This system allows for dietary, supplement and treatment recommendation to help improve your health, weight management, and muscle health. The system is also very closely correlated to blood test values allowing us to make week by week adjustments to improve what we see in the doctors office.