By Hamed Hamad

As the world continues to change the way we speak, live and even communicate with one another, some things will remain the same.

Growing up as a fearless and determined child, Michael Hojjatie idolized people who were physically bigger and stronger than him. As soon as he entered high school, Michael got into bodybuilding and constantly sought knowledge to help him grow not only as a trainee but also as a person. To this day, he looks up to Arnold Schwarzenegger and even has three tattoos of him.

Over the years, Michael also found passion in judo, boxing and later Yin yoga, which is a style of yoga that helps one sit longer and more comfortably by stretching connective tissue. During all this self-discovery, Michael never thought that he would one day take all this insight and become a personal trainer. He says, “One day I decided to stop chasing unicorns in my professional life and actually do what I know, and what I’m good at. It worked.”

As soon as Michael became serious about his career, he sought out NCCPT and the rest was history.

Now as a certified personal trainer and group fitness instructor, Michael’s biggest and best traits are his ability to positively encourage his clients and motivate them during and after a session. “I play lots of mind games with them,” he says. “to get them to put their all into the session I tell them things like ‘Last set, finish strong here and you get to go home!’ or ‘You’ve survived worse than this and you know it!’.” He believes exercise is as much a spiritual and mental journey (if not more) than a physical one. Michael takes clients from all walks of life and does not set limits for himself nor them.

Besides training, Michael is also a Brand Ambassador for the supplement company Insane Labz and swears by their effective product line. Michael feels hard work and dedication and total transparency are the keys to a long, healthy and prosperous existence. When asked about his future goals and aspirations, he simply wants to be his best self: “When your heart and mind are in the right place and you’ve got that killer instinct where you refuse to give up and refuse to slow down…trust me, the body will fall into place succinctly!”

For more information on Michael Hojjatie or to connect with him personally, please visit his Facebook page: <https://www.facebook.com/barbariran>