

Todd Harrison CFT/CSSC

Certified Fitness Trainer & Certified Specialist Strength & Conditioning

"I'm very excited to have the opportunity to bring my methods and ideologies to the forefront of the fitness industry and to change so many people's lives in a positive manner through motivation, inspiration, drive & dedication"



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Todd Harrison's (Coach) Specializations include:

- Strength & Conditioning (All levels of fitness)
- Athletic Training (sport specific)
- Functional and Mobility training
- Injury Prevention & Movement Rehab
- HIRT (high intensity resistance training) & HIIT (high intensity interval training)
- BodyBuilding & Weight Loss

Wherever you are fitness-wise, Todd can relate. **He himself lost 100lbs** on his journey from being de-conditioned to supremely fit and becoming a fitness professional.

He began his fitness journey in 2006, which culminated in losing 100lbs and becoming a Fitness Professional. Having always been athletic with a natural love for sports, Todd quickly became hooked on fitness and a healthy lifestyle. Driven to gain all the knowledge he could, he realized his

transformation was leading him on a path to helping others become their own best version of themselves, through fitness everyday.

Todd became a CFT & CSSC, thriving on the notion he could help his clients to levels of fitness they never dreamed of. Todd has owned a small boutique training studio, has done team athletic training, in-home training and held the position of Fitness Director for multiple high end clubs. Fulfilling his ultimate career aspirations Todd Co-Founded Fitness Academy, a Personal Training & Gym Management company, with his wife, Celeste.

For the last 15 years Todd has helped hundreds of clients, in all age ranges with varying fitness levels and goals, to succeed and become stronger, better and faster!

**"Success isn't owned, it's leased....
Rent is Due Every day!"**