

Brant A. Rōtramel



Certifications Education

ISSA International Sports Science Association
(Certified Personal Trainer)

ISSA International Sports Science Association
SFN (Specialist in Fitness Nutrition)

Training Specializations

Strength Training / Mobility / Body Building
Sports Conditioning / First Responder and
Armed Forces Readiness / Senior Fitness
Training Programs

Trainer Philosophy

To help others achieve health and wellness in life. I believe all people should be able to perform self-maintenance on themselves and keep their bodies in working order.

“If you move and function well, your life is simply better!”

Personal Hobbies Interests

Strength and Mobility Training / Computer
Animation / Painting & Drawing
Reading and Archery
Continuously Expanding my Education