

JACOB TOULOUSE

2 YEARS OF EXPERIENCE

Our recently married Jacob resides in Woodbridge, VA and has been a Personal Trainer for two years. Jacob is certified through the American College of Sports Medicine (ACSM) and specializes in weight loss programs, high intensity interval training (HIIT), strength workouts, power workouts, hypertrophy, and corrective exercise. He is also a student here working on his degree in History.

He stays active through a wide variety of rigorous, functional movement exercise programs. Additionally he enjoys spending time in the great outdoors. Whether he is going on a hike, swimming in the open water, or rock climbing, he is continually looking for different activities outside of the gym to implement into his programs. His favorite non-fitness related activity is playing the guitar. Jacob believes that the mind is the primary. He says, "The mind drags the body - struggling behind it - rarely the opposite. When spirit "increases" improved physical performance is a consequence". With this attitude, he'll help you get your fitness level where you want it to be.

