

# TAYLOR PLUM

Taylor Plum is a Kinesiology student at GMU with a Personal Training certification under the American Council on Exercise (ACE). Taylor knows what it's like to be frustrated with yourself. He was frustrated with his own body and struggling with depression before discovering fitness and the way it could improve his physical and mental health. He has studied vigorously throughout his four years of training to find the most effective methods to reach one's goals. An emphasis on long term success over short term gain means that there's no doubt that you'll leave every training session with a better understanding of your body. Taylor makes absolutely sure he's doing what's best for YOUR goals.

Taylor specializes in strength training. If you want to tone up and get strong as a superhero in the process, Taylor is your man!

When not in the gym, Taylor enjoys performing stand-up comedy, learning about world history, and watching movies that he ruins for his friends.

