

# CULLEN GUTHRIE

Since Cullen was a little kid, he has always been very active. In high school he was a captain in both football and track. This is what drove him to obtain his certification through the National Academy of Sports Medicine (NASM) in February of 2016. Since then he has trained two contesters for the Miss Virginia Pageant. He has also trained several individuals for athletic competitions.

In his free time, he enjoys being outdoors, going hiking, fishing, and playing golf. He is currently training for a Spartan Race in Atlanta. His specialties are: building functional strength, training for athletic competitions, and also corrective exercises. Cullen has always been a firm believer in building a strong foundation and moving forward from there. His favorite motivational quote comes from the movie "Fired Up": "You always gotta risk it to get the biscuit!"

