

RUSSELL GARCIA

Russell is currently pursuing a degree in Athletic Training while minoring in Kinesiology at George Mason University. He became certified as a personal trainer in 2012 through the National Academy of Sports Medicine (NASM) and has worked at various gyms with great success. He spent most of his childhood on the beaches in Hawaii while his parents were stationed there. He grew up being very active, playing various sports as a child. In high school he played football and wrestled, while also achieving a 1st degree black belt in Tae Kwon Do. He also spent some time as a United States Marine before relocating back to Fredericksburg, VA.

Prior to becoming certified he instructed beginner level Brazilian Jiu-Jitsu, Boxing, and Kickboxing at The Lab MMA in Fredericksburg. He has a proven track record of success when it comes to client goals. He has helped people drastically change their lives through weight loss, has assisted clients in obtaining pain-free functional movement after injury. Russell has also trained competition level bodybuilders/bikini competitors who placed in the top 3 of their events.

His favorite types of workouts are ones that focus on overcoming muscle imbalances while improving the client's functionality. He loves superset style workouts, Tabata, and incorporating boxing mitt work into training sessions.

When not studying, or in the gym he is an avid coaster enthusiast, and an experienced reef keeper. Russell is very excited to help you reach your goals!

