



Daniel Gross

DAC PERSONAL TRAINER

SPECIALTIES:

- Movement Specialist
- Strength & Conditioning
- Nutrition & Science

ACCOMPLISHMENTS:

- Exercise Science Degree, LCC Top of Class
- American College of Sports Medicine Health & Fitness Specialist Certification
- Maintaining a Clean, Healthy & Impurity Free Diet for Over 4 Years

EXPERIENCE:

- 2 Years Certified Personal Training
- 2 Years Group Exercise Instruction
- Professor Assistant, Kinesiology & Exercise Physiology

PROFESSIONAL AREAS OF INTEREST:

- Exercise Physiology & Aging
- Corrective Exercise
- Nutrition

PERSONAL AREAS OF INTEREST:

- Self-Improvement and Education
- Movies, Music and Literature
- Stretching & Relaxation, Basketball & Weight Lifting

“A master in the art of living draws no sharp distinction between his work and his play; his labor and his leisure; his mind and his body; his education and his recreation. He hardly knows which is which. He simply pursues his vision of excellence through whatever he is doing, and leaves others to determine whether he is working or playing. To himself, he always appears to be doing both.” -L.P. Jacks