



Virginia Langdon

NASM-CPT

CERTIFICATIONS:

NASM certified personal trainer; AED/CPR Certified

AREA OF SPECIALTY:

Teaching safe exercises in an unthreatening environment; Strength and conditioning endurance; Core strength; Weight training; Working with beginners; Weight management

EXPERIENCE:

A working knowledge of fitness since 2008; Certified personal trainer since 2014

TRAINING STYLE/PHILOSOPHY:

Think core and proper form is better than heavy weights.

MY PASSION FOR FITNESS COMES FROM:

Personal struggle with weight management.

MY FAVORITE EXERCISE/TRAINING TOOL:

Body weight exercises, free weights, weight machines, elliptical and box step

