



*Personal Trainer*

# CHRISTIAN KUHN

"Prioritize your health  
because you are worth it."



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## PERSONAL TRAINER

- I have a Bachelor's degree in Exercise Science & ISSA certified Personal Trainer.
- I believe that exercise does not need to be a one-way street. There are many avenues to take, so find what you enjoy most because that's when it becomes a lifelong change. Prioritize your health because you are worth it.
- My favorite exercise focus is back (pull focused)/hamstring combination.
- "I have goals I personally want to achieve, but deep down my motivation/drive comes from setting that example for my son. Showing him that your body and health is priceless. Take care of it."
- My philosophy is "If it doesn't challenge you, it won't change you."
- I enjoy time at home with my family, watching Netflix or going for a walk around the neighborhood.