

Landon Jackson

Education & Certifications

- B.S. in Exercise Science
- ACE CPT Certification since 2014
- Fitness Nutrition Specialist
- Orthopedic Exercise Specialist
- M.S. Wellness Management
Exercise Science (2020)



Areas of Specialization

- Weight loss/weight gain
- Strength training
- High Intensity Interval Training (HIIT)
- Functional & corrective exercise
- Lower back pain relief & flexibility training

Fitness & Health Philosophy

"Fitness is a process. You need to trust the process. Believe in yourself and keep your eyes on what lies before you. Do not look left, right, or behind you. Keep your eyes on the goal you want to accomplish."

Fitness & Health Accomplishments

- Client lost 100 lbs in a year
- Client lost 60 lbs in a year
- Client is shoulder-pain free after many years of having pain
- Client gained 20 lbs in 4 months and 40 lbs in a year for football
- I have overcome sciatic nerve pain