



**Certifications:** ACE Certified Personal Trainer, LIVESTRONG at the YMCA Cancer Survivor Coach

**Focus:** Strength Training, and HIIT (High Intensity Interval Training) one-on-one training, small group training. Works with all ages and all fitness levels.

**Personal Bio:** Spent many years as a WWE/WWF Professional Wrestler and currently an actor and stunt professional in many major movies and television series. Exercise and Fitness has been played a major role in my life, from youth sports to my professional career and I want to help others achieve their best by helping them achieve their health and fitness goals.

A Personal Trainer for 10+ years I realize the physical and mental benefits of exercise and a healthy lifestyle. As a professional wrestler, actor and stuntman you have to stay in great physical shape, but personally it is even more important. In 2016 I was diagnosed with a brain tumor and thankfully by taking care of my body I was able to recover faster than expect and return to my normal life activities. In 2018 I decided to help former individuals who graduated from drug rehab find a new outlet with exercise. I have seen how exercise can change a person's life and I want to help change yours.

**CHRIS HAHN** ACE Certified Personal Trainer