

# THE NEXT LEVEL

Personal Training at the Y

## Eric Torres



### Background

Eric's passion for health and fitness began with soccer, jumping into pick-up games at the park during his free time. This interest led him to pursue a degree in Kinesiology at California State University Long Beach and to become certified in personal training. In addition to wellness coaching and personal training Eric also spends his time coaching youth soccer.

### Workout

Whether your goal is to beat a personal record or set one he will help you to achieve your goal. In his workouts he utilizes both traditional and mechanical strength training equipment. He believes raining effectively and not always harder gets results, protects you from risk of injury, and allows you to keep going!

### Certifications & Specializations

- Personal Trainer Certification from the National Academy of Sports Medicine
- Bachelor's Degree in Kinesiology from California State University Long Beach

### Philosophy

Helping all ages take on a "mission to move more" and to live a healthy lifestyle having fun and living a balanced life.

Interested in Training with Eric?  
Lakewood Family YMCA  
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