



THE NEXT LEVEL

Personal Training at the Y

Ryan Sanchez



Philosophy

"You can't put a limit on anything. The more you dream, the further you get."

-Michael Phelps

Background

Ryan developed a passion for weight training the summer prior to entering CSULB. Since then he has been a gym regular. "I love learning about the human body, especially how it can make both short term and long term adaptations to exercise that results in better health." In his free time Ryan enjoys to go on runs/hikes, play golf, and also snowboard in the winter.

Workout

Everyone has their own strengths and weaknesses in the gym, therefore each and every workout program will be catered specifically to your goals filled with new challenges, and hard work. I primarily use resistance, cardio and mobility trainings in my workouts, while also applying sports psychology concepts to help clients gain the motivation and confidence they need to be successful in achieving their fitness aspirations.

Certifications & Specializations

- California State University, Long Beach Bachelor of Science, Kinesiology
- American Council on Exercise (ACE)

Interested in Training with Ryan?

Lakewood Family YMCA

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