

# BILAL TEMPLETON

## DEGREES & CERTIFICATIONS

- AAAI/ISMA Certified Personal Trainer
- First Aid and CPR certified
- 2011 5th Place Mr. Colorado Competition

## SPECIALTIES & AREAS OF EXPERTISE

Mixed martial arts, body building, bulking, cutting, contest preparation and preventative injury training. Tailoring workouts to fit specific fitness goals.

## HOBBIES & INTERESTS

Reading, relaxing, spending time with my family and helping others achieve their goals physically as well as mentally.

## PHILOSOPHY

"Anyone can 'lift weights.' I'm going to teach you how to train your muscles."

