



HOMETOWN

Hesperia, California

CERTIFICATIONS

FiTour Personal Trainer

SPECIALTY

HIIT

Strength Training

MOTTO

"Your body can do it. It's time to convince your mind." - Unknown

FAVORITE EXERCISE

Box Jump, burpees, and cleans

BIO

Hey there! I'm Haley, I don't think that my fitness journey "officially" started until I got married in 2021. I took the year prior to our wedding and decided to get my physical body in shape to "fit into the dress." What I didn't know about the 1 year commitment was that it would become a huge passion for me. I saw that my body could do SO much for me if I pushed myself out of my comfort zone. I learned that conquering the mind was half the battle of exercise and once you steel your mind to do something, your body will follow suite. I train mainly with high intensity interval training with some cross fit themed exercises and strength training on a daily basis. I have fallen in love with these type of exercises because I have seen the physical and mental change it has brought within me.

