



## Shane Sanford

BSc Kin., BEd, MES, CSCS, PFLC,

### Education:

- BSc in Human Kinetics
- Medical Exercise Specialist
- Certified Strength and Conditioning Specialist
- Professional Fitness and Lifestyle Consultant
- Bachelor of Education

### Philosophy

Shane Sanford has a well balanced approach to exercise with qualifications in post rehab training, sport specific conditioning, and lifestyle management. Shane's main objective through personal training is to establish lifestyle changes that are suited to each individual's goals, thus improving self esteem and self motivation. Through proper coaching, motivation, and goal setting, maximal results can be achieved with a little bit of hard work, all while having fun!

With new trends and philosophies developing in the fitness community on an ongoing basis it is important to stay active and aware of all these new happenings. Shane will continue to pursue the safest techniques of exercise, the most up to date news in post rehabilitative training, and the most effective ways to develop a stronger, fitter body.

**PERSONAL  
TRAINING**

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cambridge group of clubs

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