

meet

SEAN BAINBRIDGE

PERSONAL TRAINER

ABOUT ME

I was born in Florida and played multiple sports throughout my entire childhood, with my favorite being football. After finishing high school, I debated between playing football at the local community college and joining the military. In the end, I chose to join The United States Marine Corps. While in the Marines I struggled to gain muscle and keep weight on because my unit would do a lot of running for PT and I dropped in weight.

After separating from the military, I got into powerlifting and I gained all my original weight back and then some. I started coaching varsity high school football and spent three years as a linebacker/tight end coach and a Defensive Coordinator. I loved working with the athletes on the field and in the weight room. Coaching football made me decide to attend college and pursue a degree in kinesiology with the plan of working with athletes as an athletic trainer.

While attending university, I volunteered to work with an organization that did training clinics with disabled veterans and another that did personal and group training for ASD students in college. Volunteering with both organizations was a huge learning experience and I realized how big of an impact fitness could leave on a person's life. I am looking forward to helping fitness make an impact in your life.

SPECIALTY

Weightlifting, Bodyweight Training, Sport/Agility Training, Powerlifting

MY MOTTO

A strong body makes a strong mind. Sometimes.

QUALIFICATIONS

BS in Kinesiology - California State University Northridge (2022)

Certified Personal Trainer - National Academy of Sports Medicine (2022)

Contact Sean at sbainbridge@spokaneclub.org

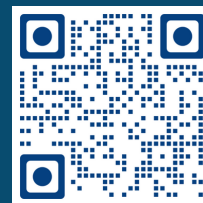


WHY I BECAME A PERSONAL TRAINER

I became a personal trainer to help improve others' personal wellness through exercise and making healthier life choices.

WHAT I DO TO STAY IN SHAPE

To stay in shape I prefer to lift lighter weights nowadays focusing on the quality of the rep over the quantity of weight lifted. I keep my diet clean and healthy. Except Saturdays. Finally, I also like to jump rope.



SCHEDULE WITH ME