

meet

DAN CLOSE

PERSONAL TRAINER

ABOUT ME

My journey into fitness began through sports. During COVID, when everything was shut down, I was forced to get creative, so I built my own home gym and started designing my own workouts. What began as a necessity quickly became a passion. I soon started creating training programs for my fellow athletes on the football team, and that passion for programming and performance has continued to grow ever since.

I went on to become a college athlete and a two-time All-American discus thrower at Spokane Falls Community College and Central Washington University. Since then, I've written training programs for numerous college athletes, bodybuilders, and powerlifters, giving me experience working with a wide range of goals, training styles, and athletic backgrounds. My goal as a personal trainer is to use that experience to help people train smarter, perform better, and build a body they're proud of.

WHY I BECAME A PERSONAL TRAINER

I became a personal trainer because fitness has had such a positive impact on my own life, and I want to help others experience that same transformation. I love helping people build confidence, get stronger, and reach goals they once thought were out of reach.

QUALIFICATIONS

Certified Personal Trainer - ACTION

Health/Fitness Technician Degree - Spokane Falls Community College (2024)

Contact Dan at dclose@spokanecub.org



SPECIALTY

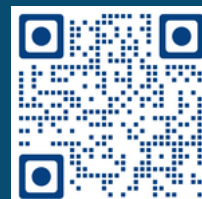
- Athletic performance
- Bodybuilding

MY MOTTO

I've never regretted a workout.

HOW I STAY IN SHAPE

I do a blend of slow steady state cardio daily, strength training 4 to 5 days a week, and high intensity interval training 2 days a week.



SCHEDULE WITH ME