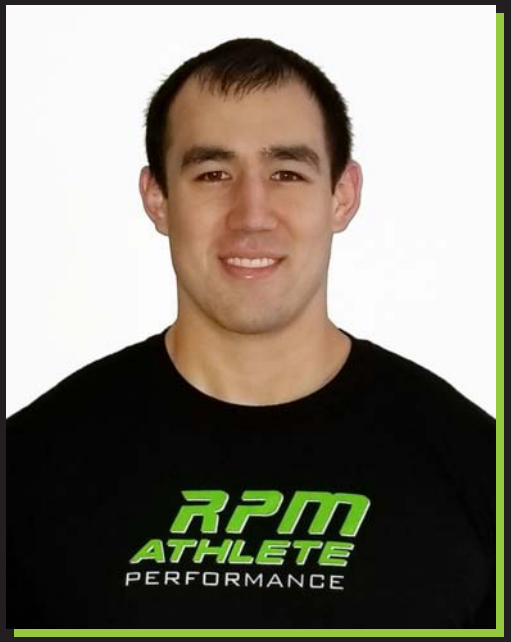
Kyle Danehy

Personal Trainer



CERTIFICATIONS: NASM-CPT, American Heart Association Heartsaver CPR & AED Certification, Precision Nutrition Level 1 Certified Coach

SPECIALIZATION: Strength/Stability training, Speed-Agility-Quickness training, functional training, and weight loss training

SPORTS: Lacrosse and football

PHILOSOPHY: Always plan ahead. The more you are prepared the more successful you will be.

FUN FACT: Set the bench record at 325lbs for the Merrimack Men's Lacrosse team

EXPERIENCE: Personal Training for 9 months

CONTACT: kdanehy@rpmathlete.com
PHONE: (774) 285-2186

RPM ATHLETE PERFORMANCE
RPMATHLETE.COM