

CODY LAKE

PERSONAL TRAINER



WHAT MY CLIENTS SAY ABOUT ME

I started training with Cody about 6 months ago after not working out or regularly exercising for over 2 years. He listened to my fitness and nutrition goals and developed a training program to meet my individual fitness needs. He tailored each workout session to help build my strength and endurance while offering encouragement and suggestions for improvement. Over the last 6 months I have achieved my monthly fitness goals and my strength and overall energy level have greatly improved thanks to Cody's guidance and expertise! – Tiffanie Rampley

I started as a new member at the club in May 2018. I had not worked out with any regularity in years, but had a specific goal of climbing Mt. Fuji with my wife in July. Cody helped me transform myself. Building core strength and focusing attention on my goal, Cody had me ready and it was a fabulous climb! And, I didn't suffer for days afterward because of the regimen Cody designed. Whether you have a goal this specific, want to be stronger, or just desire to have functional strength and feel better, Cody will help you get there. – Tim Tharp

I have been a member of the Spokane Club for 21 years and have never hired a personal trainer before. Cody designed a workout plan for me that is efficient and requires less time than I imagined. He is always laser focused on my execution of the exercises he deems most productive. Louder than words, his training methods ensure that I go beyond my best. My health in a great part, depends on what I do today. Hiring Cody is a huge investment in me. He is MY advantage. – Bernie Brown



What personal training means to me...

I find that this career has offered me an opportunity to help people improve their daily lives by keeping them accountable to their goals and leading them on a consistent path of proper exercise progression. I believe improving quality of movement should be first and foremost during the journey of fitness. On top of that, a foundation of strength should be built. Once strength is established, other goals are often easier to obtain.

What I have to offer...

I want to hear your goals and your concerns with your current state of health and fitness. We can sit down and gather goals and start a game plan. I want to help you create something that fits best with your goals and has you moving better in day-to-day life. I also want you leaving feeling energized and better than when we started and not constantly recovering from the last session. I'm also a big believer in laughing and enjoying ourselves so I help clients treat body movement as play; keeping it fun and entertaining.

My Motto: Effectively Evolve Efficiency and don't forget to Play

Qualifications

- Certified Personal Trainer - NASM (2018)

