



NATHANIEL ROLEY

PERSONAL TRAINER

WHAT MY CLIENTS SAY ABOUT ME

“Nathaniel is extremely knowledgeable and detailed. He will take the time to get to know you and your goals. Then he will make workouts completely customized to your specific needs. He is very efficient to get the best workout for you within your time constraints. He is also very quick to respond to questions. He made me a fantastic mobility routine along with total body workouts tailored to rock climbing. This guy knows a lot and I would recommend him to anyone. No matter where you are on your fitness journey Nathaniel can help you achieve your goals.” – Lucas Montgomery

“Nathaniel is the nicest guy, knows his stuff and helps you get your goals! I recommend him to anyone that is new, experienced, or simply looking for a challenge!” – Ryan Chun

“Nathaniel is one of the smartest, most compassionate dudes I know. No ego, no bro formulas. Just awesome.” – Jacob Rehm

Fitness is not just something that I have done for the purpose of staying in shape. It has helped me through hard times, given me a sense of purpose, and it is something I am truly passionate about. I love that exercise has the ability to improve so many aspects of life and is so much more than just getting into shape. It makes you feel better, increases your overall health, confidence, energy levels, sleep quality, and so much more. Contrary to popular belief, it can also be a lot of fun too when done right.

It is my belief that individualizing exercise according to your specific goals and abilities is imperative to your overall success. Everyone has their own goals, fitness levels, injury history, and preferred workout style. My aim is to train based off those individualizing factors in a way that you will enjoy.

My Motto: Exercise is not a set recipe

Qualifications

- **BS in Exercise Science** - Grand Canyon University (2016)
- **Certified Strength and Conditioning Specialist**
- **MS in Exercise Science** (estimated completion date, Aug 2019) - Eastern Washington University

