

# TIM ARNDT

## PERSONAL TRAINER



### WHAT MY CLIENTS SAY ABOUT ME

*“One of the first things that most trainers have told me is, work out more, eat less. Being encouraged to rest, work out less, and not having to be so crazy obsessive about restricting calories is refreshing. Plus, I often feel energized and ready for the day after our workouts.”*

*“I appreciate the time and attention you give me during my sessions. I really feel like when we are training that you are 100% focused on me. I feel like you are committed to getting me to where I want to be.”* – Courtney Stolp

*“Before embarking on our training, Tim and I had a consultation in which I told him of my previous car accident and injuries. He has been conscious of my previous and current injuries throughout our training, and because of his modifications and awareness, I have never felt so good and haven’t felt this pain free since before the accident.”*  
– Jessica Gudgel

I believe the process of getting results should be enjoyable. All it takes is someone to show you how and that’s what I do best.

Helping my clients learn to love exercise and creating a fun and amazing exercise experience is my passion. I specialize in creating customized exercises for my clients. We all have different body structures and abilities and I work with that to make the exercise fit you! This creates a truly customized exercise experience that you will enjoy and want to keep up for the rest of your life.

With over 10 years in the fitness industry as a personal trainer I have years of experience helping people learn to enjoy exercise and get in the best shape of their life. But it doesn’t stop there. I am constantly expanding and improving my knowledge base to ensure my clients are getting the best scientifically backed training in the industry.

**My Motto:** Fitness is simple, it’s just not easy!

### Qualifications

- **MS in Human Movement** - AT Still University (2012)
- **BS in Fitness & Exercise Science** - Western Washington University (2004)
- **Resistance Training Specialist Master** - the only advanced educational program for exercise professionals dedicated to the science of Exercise Mechanics
- **Certified Strength & Conditioning Specialist** - the National Strength & Conditioning Associations premiere certification for sports performance.

