

# Chuck Beckhom

(479)-531-4303

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## Training Philosophy

“As a personal trainer I have an abundance of information at my fingertips. My challenge is to apply this information in a way that is appealing, fun, brings results & ensures long term success for my clients!”

## Certifications

ACE Certified Personal Trainer

## Specializations

Strength & Resistance Training  
Sports Performance & Athletic Training  
Weight Management & Fat Loss  
Functional Fitness & Daily Movement  
Senior Fitness

## Available Hours

Contact Chuck for Availability