



Back2fitness

MEET THE TEAM

RODRIQUE DAOUST



**CERTIFIED PERSONAL TRAINER
(CPT)**

**YEARS OF EXPERIENCE - 1+ YEARS
OF EXPERIENCE**

**TRANSFORMED CLIENTS - 10+
CLIENTS**

**CORE SKILLS - FUNCTIONAL
TRAINING, HIIT, ATHLETICS
TRAINING, BODY
TRANSFORMATION SPECIALIST**

MY FITNESS JOURNEY IS NOTHING SHORT OF BEING PRESENT IN MY WHOLE LIFE, FROM PLAYING HIGH LEVEL SPORTS GROWING UP, TO BEING NORMALIZED TO INTENSE TRAINING, TO BEING ABLE TO TRANSFORM MY SELF TO WHERE I WANTED TO BE. I'M GRATEFUL I GET THE OPPORTUNITY TO HELP OTHERS REACH THEIR PHYSICAL GOALS THAT THEY NEVER THOUGHT THEY COULD ACCOMPLISH