

# JACK GRIFFIN

CPT

*Certified Personal Trainer*



## Education & Certifications:

B.A. - University of Maryland; Former University of Maryland football player and assistant strength coach; NSPA Certified Personal Trainer

## Specialty:

Sports performance training; group training; speed, agility, and quickness improvement; as well as individualized workout and nutrition plans to meet any goal

## Philosophy:

My philosophy has been shaped by countless hours of training—as both a Division I football player and strength coach. All the times when I didn't think I could do another rep have taught me that although what we face may seem difficult or even impossible, WE ARE ALWAYS STRONGER THAN WE THINK. As your personal trainer or sports performance coach, I will help you find that inner strength.

