

Personal Trainer



Darwin Regio

By the time Darwin reached his teens, he went through what most people call the "Bruce Lee Phase." Heavily interested in Martial Arts he then studied at SIFU Fred Kwok's Academy of Wing Chun & Kickboxing. Losing interest after discovering girls and partying, he became a heavy drinker and smoker and in the process fell out of shape. Fortunately, with the help of a retired Green Beret Master Sergeant who mentored him, he discovered his health after obtaining his Personal Trainer Certification for the purpose of preparing himself for the U.S. Army Special Forces qualification course. He also studied Jeet Kune Do under Tom Knoll who was a student of Dan Inosanto and Paul Vunak. He now enjoys sharing his knowledge with others in order to help achieve their goals.

Philosophy

Darwin believes in a therapeutic lifestyle of balanced fitness and nutrition, in order to give one a better over all sense of well-being.

Certifications and Education

- NFPT certified Personal Trainer
- Michael Pelkey Basic Plyometric Course

Additional Training & Qualifications

- Jeet Kuneido Practitioner
- Academy of Wing Chun & Kickboxing
- Conditioning for Basic Military Qualification

Client Specialty Focus

- Lean Muscle Mass Gain
- Body Fat Loss
- Power Training with Plyometrics

Words of Wisdom "A human being has three aspects....Mind, Body and Spirit. Cultivate the Mind and the Body and the Spirit will follow."