

# Hi, I'm Nicole

## PERSONAL TRAINER

Hello! My name is Nicole, owner/operator of Hustle4Muscle. I am incredibly passionate about fitness and all that it involves. Through my own weight loss and fitness journey, I uncovered a true passion for the wellness and fitness industry and even a bigger desire to help others reach their individual fitness goals and become better versions of themselves.

I truly get excited when I see someone do a perfect kettlebell swing, when I see a person do a thruster with explosiveness and pure focus, when I get to watch a client crush a six punch/kick combo. Above all, I am inspired by those who reach goals they once thought was impossible or out of reach.

Having experienced being overweight, out of shape, and later breaking through plateaus and enduring injuries I know the journey all too well. It is through these experiences that I can help you reach your goals and get through whatever it is you are experiencing.

I bring with me a Personal Trainer certification, Instructor certification in the art of kettlebell training and am certified to coach/instruct kickboxing. My experience includes several years of kettlebell training, kickboxing, and traditional weight training. I have ran a few races from the 5k to a full marathon with a goal to participate in more long distance events. I believe in working out with variation and enjoying your workouts.

CERTIFIED  
PERSONAL  
TRAINER

CERTIFIED  
KETTLEBELL  
INSTRUCTOR



CERTIFIED  
KICKBOXOLOGY  
INSTRUCTOR

### AREAS OF INTEREST



Instructing



Strength Training



Mobility



Cross Training



Conditioning



Mind Body  
Connection

### PERSONAL TRAINING PACKAGES

Please email [agentlewis77@gmail.com](mailto:agentlewis77@gmail.com)  
or call **587-938-8597** for information on client  
packages and pricing.