



# LYNDA CHEN

## **LYNDA CHEN**

ACE Certified Personal Trainer  
AED/CPR Certified  
Group Instructor

## **Hometown:**

Las Vegas, NV

## **About me:**

I was born and raised in Las Vegas, Nevada. Working in the gym during the day and dealing poker in the casinos at night. I have always been into fitness since high school but really took a love to it after having kids. Fitness has helped me through postpartum and as a mom, I understand the importance of balancing our bodies physically and mentally. And now I get the opportunity to help others not only feel better about themselves but to have a healthier life.

## **More about me & my training style:**

I have a special interest in dance fitness, functional fitness and strength training. Training the body for everyday physical challenges that's more than just lifting in the gym. Especially for the seniors with their mobility and strength. Your never to old to start something new! Its all about discipline and consistency. And that's where I come in, to help motivate you and keep you on track to getting the results you want.

## **Favorite Workout:**

Dance Cardio & Lifting