



JONATHAN HULL

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A.C.E Certified Personal Trainer

Hometown:

Anchorage, Alaska

About You:

My name is Jonathan Hull, I served in The United States Army as a Sergeant of Infantry Paratroopers, I am avid Powerlifter and have multiple state records in Alaska and Wisconsin. I have trained soldiers on the fundamentals of strength and conditioning. I enjoy many different spectrums of fitness from MMA, Powerlifting, and long-distance running. I love pushing myself and others around me to become the best versions of themselves. Fitness is my family's way of life, my parents were personal trainers, and my brother is a clinical exercise physiologist.

Education:

Bachelor of Science in Exercise Science

Training Style:

My training style is a combination of strength, hypertrophy, and endurance. I believe an individual should be well rounded and I enjoy working with all ages and abilities.

Favorite Workout:

My favorite workout is steady state cardio and squats.