



# JONATHAN HULL

## **JONATHAN HULL**

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.