



FELIX MARTIN, II

Fitness Specialist

My name is Felix Martin, II and I am from Jackson, MS. In 2011, I received my bachelor's degree in Health Fitness Studies from Mississippi State University. After graduating, I moved to Sacramento, CA to work under the Dr. Oz program called Healthcorps Inc, which involved me teaching adolescence about fitness, nutrition and mental resilience. Other endeavors of mine have been appearing in a Taebo Live workout video alongside

Billy Blanks, getting published as an elite trainer in the Sacramento Magazine as well as culminating over 8 years of experience in helping countless individuals reach their fitness goals through one on one coaching and bootcamps. Having experienced asthma and hypertension at an early age, my training philosophy has become centered around the notion that physical training helps one to conquer life's challenges. My training style capitalizes on all types of training from functional fitness, yoga, kickboxing, weight training and high intensity interval training. I believe that all of life is connected and that if nurtured, the mind, body and spirit can work together to provide us with a richer quality of life. We must train to bring ourselves one step closer to our highest self. Conquering a workout is like conquering a challenge in our minds, in our environment and in our personal life.

Testimonials —

By Sophy Mangana

Felix is one of the smartest personal trainers I have ever met! His degree is in kinesiology which allows him to have an excellent understanding of physiology and the functions of the human body. It is because of this that he is able to design effective and efficient workouts that are individualized for his clients. I am stronger, I have more energy and I have lost over 30lbs and several inches. I am in the best shape of my life after two kids and a very demanding career.

By Ricky Patton

With Felix, I felt an increase in strength after about 3 weeks. I felt more confident knowing that I was getting into better shape. While Felix held me accountable, I was never encouraged to over exert myself and he was very flexible with the exercises according to my physical limitations. His instructions were very clear on technique, which ensured that I got the maximum benefits of the exercises without injuring myself. Furthermore, I became more conscious and aware of what I ate and put in my body while working with Felix.

By Megan Grace

Felix in my opinion, is the best at what he does. I feel that fitness and encouraging others to live and maintain a healthy lifestyle is a passion of his and I would not have come as I have on this "new" fitness journey had it not been for Felix's training and encouragement. My initial starting weight was in the upper 180's and now I am down to 150, with over 30lbs lost. My entire being holistically, is just better. Felix is worth your time, money and effort.