



# THE *Elite Personal Training* MOTIVATOR

- ✓ Strength Training
- ✓ Muscle mass development
- ✓ Sports-specific training
- ✓ Weight loss
- ✓ Nutrition plan design
- ✓ Accountability & Motivation

## Lance Olberding Master Personal Trainer



I believe in understanding your personal goals and developing a plan to help you achieve the best version of yourself. In 2010, I dealt with a series of life altering events in my personal health, finances, career, and marriage. I had major joint replacement surgeries that resulted in significant weight gain and a sedentary life style. Overcoming these challenges has inspired me to help others live a healthy lifestyle and achieve their fitness goals.

### Certifications

- Master Personal Fitness Trainer Certification (AAAI/ISMA) #186827 – 2017
- Personal Fitness Trainer Certification (AAAI/ISMA) - 2017

### Hometown

Tucson, Arizona (2017-Present)  
Cincinnati, Ohio (1992-2017)  
Apple Valley, Minnesota (1976-1992)

### About Me

I am the proud father of 3 (ages 24, 19, and 18). In my spare time, I enjoy playing basketball, flag football, hiking, coaching young athletes, motivational speaking and helping others.

### Experience

- Master Personal Trainer, LA Fitness (2017-present)
- Evolution Fitness Warehouse Co-Founder/ Owner/Trainer (2010-2016)
- Personal Trainer, River's Bend TPC Golf Club, Cincinnati Ohio (2015-2017)
- Football Coach, Kings High School, Cincinnati Ohio (2010-2015)

- Youth Football Coach, Kings School District, Cincinnati Ohio (2006-2016)
- Trainer for 6 Division 1 Football Scholarship Recipients (2010-present)
- Trainer for 2 Top-100 Ranked Jr. LPGA Golfers (2010-present)

### NFL and College Football Playing Experience

- Hamilton Tiger Cats, Canadian Football League (1993)
- New England Patriots Practice Squad (1993)
- Cincinnati Bengals Offensive Tackle (1992)
- Minnesota Vikings Practice Squad (1992)
- Randolph Oilers, Boston (1991-1992)
- University of Iowa Hawkeyes (1989-1991)

### Testimonials

"Lance helped push me out of my comfort zone and provided the tools and training I needed to apply for and enter West Point Military Academy."

– Taylor England, Command Sergeant Major  
West Point, U.S. Military Academy

"I tried working with other trainers but couldn't see how their approach would enable me to improve my golf game. Lance provided the golf-specific training I needed with an emphasis on mental aspects of the game and preventing injuries."

– Alex Swayne, World ranked Jr. LPGA

"As a 56-year-old man, I was working on my fitness goals and not seeing results. Lance assessed where I was and gave me the knowledge and motivation to develop a lifelong plan to accomplish my fitness goals."

– James Crowl, Cincinnati Ohio

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