

## More About Sean Morrison

"I'm a New Jersey native that moved to Colorado in 2010 and immediately fell in love with the outdoor lifestyle. I started training in New York City at the Reebok Sports Club/NY in 2005. As a lifelong student of fitness and all things physical culture, I challenge myself to keep learning so that I can grow as a practitioner and continue helping others."

Sean is a former collegiate baseball player whose training has evolved into the preparation of an active and healthy lifestyle for all. "I have a passion for sharing my knowledge to help people look, feel, and perform to the best of their abilities."

### License/Certifications

NSCA: CSCS

NSCA: CPT

Sean Morrison

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