



James has over 15 years experience as a personal trainer and fitness enthusiast. He likes to challenge and encourage his clients to surpass their physical and mental boundaries by using functional exercise and sound nutritional planning. He specializes in strength and conditioning, weight loss, cross training, nutrition counseling and all aspects of helping his clients to obtain their specific goals.

James grew up in Southern California as a competitive athlete who excelled in sports such as wrestling, football, surfing and snowboarding. He has trained numerous athletes of all ages at every level of training. As your trainer, he will take your health and wellness personally, working alongside you to help achieve ALL your fitness goals. With your determination and his dedication, you can make anything happen.

James Robbins
ISSA Certified Fitness Trainer

TO BOOK A SESSION WITH JAMES CALL (435) 615-8035

