

PATRICK REGAN

EXPERIENCE

Lifelong martial artist and personal trainer of over 15 years with an emphasis on metabolic training, strength training, and mixed modalities.

TEACHING STYLE

Challenging and intense would be accurate descriptors here. You can either train long or you can train hard, but you can't do both! I like to bring the intensity!



My favorite quote:

"How long are you going to wait before you demand the best from yourself?"

-Epictetus

INTERESTS

I am a natural bodybuilder with interests in extreme sports, being outdoors, and most things that crank up the adrenaline factor!