



Dustin Moyer

Master Trainer

Education

- Western Michigan University
B.S. Exercise Science

Certifications

- NASM Certified Personal Trainer
- AED/CPR Certified

Areas of Specialization

- Functional Training
- High Intensity Interval Training
- Injury Prevention/Rehab
- Strength/Muscular Mass Training
- Kettlebell Flow
- TRX

Quote

"If we strive to be 1% better each day, we will continue to achieve great things. It is when we begin to make excuses that we remain stagnant."

Biography

Dustin grew up in the small town of Hillsdale, Michigan with a passion for athletics and the dedication to get better every single day. Being that he wasn't blessed with too much size, he had to prove to his coaches that he could compete and perform. This is where his love for fitness started, and he quickly realized that the only thing it took to be great was to be the hardest working person in the room. After declining multiple scholarships to play college football due to health concerns, he decided to enroll at Western Michigan University to pursue a degree in exercise science. This is where he found a passion

for snowboarding. After multiple snowboarding trips to Colorado, he decided that this was the state he wanted to call home. Dustin has been working as a personal trainer since he graduated from WMU in 2015 and has continued to push people to their potential in order for them to reach the goals that they've set for themselves. Feel free to ask him about his clients he helped lose over 100 pounds and how they did it. He is excited to be a part of the team at Matrix Fitness and Spa so he can continue to help his clients attain their goals and spread his knowledge of fitness, goal setting and a great work ethic.