

# Andrew Krol

**“Success is a journey, not a destination.” – Ben Sweetland**

**Education: University of Wisconsin-Milwaukee  
Certifications: NASM-CPT, First Aid/CPR/AED Certified.**



**During my three years as a personal trainer, I have worked with a number of different individuals with a diverse range of goals. Watching my clients persevere, gain confidence, and ultimately seeing them accomplish their goals is what I love most about being a trainer. Though beginning a routine is never easy, having someone in your corner who believes in you and is willing to push you, makes the journey that much easier.**

**Having been an athlete my entire life as well as playing multiple sports at the collegiate level, I know what it takes to establish a routine, stick to a reasonable diet and push through limitations. Thus, I can relate to my clients as well as create individualized plans to meet their specific needs and wants.**

**I would love to be the person in YOUR corner, along YOUR journey to a better you!**

***“As a former college athlete, I was in the best shape of my life, or so I thought. With only several sessions with Andrew, I saw many dramatic improvements in both my build and flexibility. I had trained so many different ways over the years, and have found that Andrew’s style truly worked the best. After a year with Andrew I can honestly say that now I am in the best shape in my life!”- Mike Bonk***

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