

Charles Bean

PERSONAL TRAINER

My name is Charles Bean and I'm the Owner of Advanced Results Fitness. I believe in taking a fun and athletic approach to reach clients' goals. Every program my clients and I design and implement together is results-based and eschews the fads of the fitness industry that tend to come and go, opting instead for time-tested and proven modalities to both learn and accomplish their goals. From a personal stand-point, I'm currently active in and enjoy several Heavy Athletics pursuits, including strongman, Olympic lifting, powerlifting, and highland games. I pride myself on my knowledge and experience of the human body, and the fact that I've experienced first anything my clients will go through, putting me in a unique perspective of being able to say and truly mean, "I've been there."



PHILOSOPHY

Here's my promise: you will leave our sessions feeling on top of the world. You'll be proud of how hard you worked, excited at the continued progress, and confident that what you've just learned will keep helping you make positive changes in your health and lifestyle. I believe that the most rewarding thing one can experience is progress. And to that end you'll find that I work just as hard as you, if not not harder, for your goal. Weight training is the secret weapon that people leave out of their programs too often. When used properly it can increase your metabolism tremendously and help you lose fat faster than you thought before. And for the runners and other performance-based athletes out there, weight training will take you to the next level of competition, or simply allow you to enjoy the level you're currently at much more.

CLIENT BASE

As I read and grew my knowledge base of the workings of the human body, I discovered that my primary love lay divided between pushing clients towards their absolute physical peak, and bring pain relief, health, and mobility to those with long-term physical suffering. As well, the science behind fat loss and muscle gain is not complicated, and I truly enjoy seeing the progress my clients are able to make as they learn more about themselves and transform their body, mind, and confidence.

EXPERIENCE AND CREDENTIALS

I have been training since 2002 and currently hold the following Certified Personal Trainer certifications:

- * Apex Foundations
- * Apex Certified Personal Trainer
- * National Academy of Sports Medicine (NASM) Certified Personal Trainer
- * NASM Performance Enhancement Specialist
- * International Sports Science Association (ISSA) Certified Personal Trainer
- * I'm currently working on:
 - * ISSA Fitness Therapist certification
 - * Studying for National Strength and Conditioning Association's coveted CSCS (Certified Strength and Conditions Specialist) certification, the gold standard for athletic improvement.
 - * Finishing my BS in Exercise Science from Portland State University
 - * Currently enrolled in Massage Therapy school, and will be able to add that to my list of services within the year.

In 2005 I was chosen to work with NBC's "The Biggest Loser" reality show. I trained the male half of a couple who together faced off against another pair for a Biggest Loser mini-series. My client Edwin was able to go from 243 lbs and 21% bodyfat to 183 lbs and 3% bodyfat over the course of 4 months.