

# RIDGE FOUNDATIONS

**Move forward with confidence with four new 1-on-1 full body personal training programs** designed to meet you exactly where you are. Whether you're brand new to the Ridge, looking to build strength with proper technique, improve your athleticism during the off season, or simply need an efficient, motivating workout, these programs provide a clear starting point with expert coaching every step of the way.

## STRENGTH FOUNDATIONS



**Ridge Strength Foundations** is a structured personal training program designed to teach proper lifting technique, foundational movement patterns, and progressive strength development. You'll build confidence in the weight room while creating a base for long-term training success.

### Program Focus

- Squat, hinge, push, pull and carry
- Technique and form mastery
- Progressive strength
- Confidence in the weight room

Four 60-minute sessions: **\$280**

## ATHLETE FOUNDATIONS



**Ridge Athlete Foundations** is a youth performance program designed to teach young athletes how to move, lift, and train safely. You'll develop strength, speed, coordination, and resilience while building habits that support long-term athletic development.

### Program Focus

- Movement mechanics
- Jump and landing technique
- Safe strength training
- Injury prevention

Four 60-minute sessions: **\$280**

## MACHINE FOUNDATIONS



**Ridge Machine Foundations** is a beginner-friendly training program designed to teach you how to confidently and effectively use gym machines. This program provides a full-body workout while building comfort and independence in the gym environment.

### Program Focus

- Equipment setup & safety
- Proper resistance selection
- Total body strength
- Gym confidence

Three 30-minute sessions: **\$144**

## HIT IT TRAINING PROGRAM



**Ridge HIT IT** is a high-intensity training program built for busy individuals who want an efficient, full-body workout. This program combines strength circuits and conditioning intervals to maximize results in minimal time.

### Program Focus

- High-intensity
- Strength under fatigue
- Cardiovascular conditioning
- Calorie burn and efficiency

Four 30-minute sessions: **\$192**

# MEET THE TRAINERS



## Brandon Randall

*Personal Training Director*

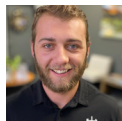
*Fallon*

(713) 252-4875

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### Certification(s)

- ACE Certified Personal Trainer
- NCI Certified Nutrition Coach
- NASM Corrective Exercise Specialist



## Caden Chisholm

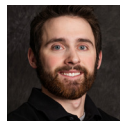
*Fallon/Downtown*

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### Certification(s)

NASM Certified Personal Trainer;  
NASM Corrective Exercise Specialist



## Cody Martinz

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### Certification(s)

Certified ISSA Personal Trainer;  
Strength and Conditioning; Injury  
Prevention; Basketball and Skills Training



## Gavin Anderson

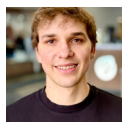
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### Certification(s)

B.S. in Exercise Science, MSU;  
NSCA Certified Strength and  
Conditioning Specialist



## Jared Eggebrecht

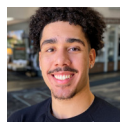
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### Certification(s)

NASM Certified Personal Trainer



## JC Humphrey IV

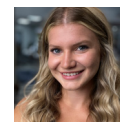
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### Certification(s)

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## Kyndall Petersen

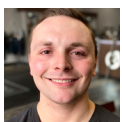
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### Certification(s)

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## Lee Cannon

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### Certification(s)

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## Meredith Curtin

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### Certification(s)

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## Sophia Botz

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