

SARAH HENDRICKSON

PERSONAL TRAINER

PRICING:

1- \$115

10- \$1000 OR \$100/Visit

ABOUT ME

I'm a 2x Olympian and World Champion in the sport of Ski Jumping. I have always been passionate about fitness and exercise, and expanded that into personal training. I have endured many injuries and know how to adapt to those struggling with chronic pain. I believe exercise in a daily routine is beneficial for the body and mind. I hope to work with you soon!



453.513.2743

SARAHH@USANORDIC.ORG

EXPERTISE

INJURY RECOVERY

BLOOD FLOW

RESTRICTION

ALIGNMENT

NUTRITION

EXPERIENCE

NASM PERSONAL TRAINER

BLOOD FLOW RESTRICTION (BFR)

B STRONG TRAINER

NURSE