

Michael Coursey

*Michael's Favorite
Quote:*

*“God Gave us two
ends— one to sit on
and one to think with.
Success depends on
which one you use.
Heads you win, tails
you lose.”*



BIO: I've been in the fitness industry for more than 10 years now. I've worked with a wide range of fitness levels and age groups. The one thing I've learned is that with a little motivation, and the right mind set, everyone can live and maintain a healthy lifestyle.

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