

PERSONAL
TRAINING
WITH

Michael Bugacca



Education/Certifications

- ISSA Certified Personal Trainer
- ISSA Nutritionist
- ISSA Strength & Conditioning Coach

Training Philosophy

My philosophy is to make the most of the situation you're in—whether that means lifting 10 pounds or 110, what matters is that you showed up, put in the effort, and did what you were capable of that day. Training isn't about being perfect; it's about consistency, effort, progression, and learning to enjoy the process, knowing that some days you'll feel strong and others you'll need to adjust your expectations.

Interests

I'm into the gym, traveling with my wife, and binge-watching TV shows like The Sopranos. I also enjoy snowboarding, hiking, camping, and archery.

"IT IS WHAT IT IS."