



HOMETOWN

St. Louis, MO

EDUCATION

B.S. Chemistry, Johns Hopkins University
3rd Year Medical Student,
Wake Forest School of Medicine

CERTIFICATIONS

Personal Trainer– ACE

SPECIALTY

Calisthenics (Bodyweight Training)
Aerobic Conditioning
Functional Fitness

MOTTO

“Surpass your Limits!”

FAVORITE EXERCISE

Muscle-Up, Pullup

AVAILABILITY

Varied morning, afternoons, evenings
and Saturdays

BIO

I started my fitness journey extremely overweight and scared of the gym. Working out at local parks is where my passion for Calisthenics was cultivated. Ever since then I have taught others the principles of bodyweight training while progressing myself. As a current medical student, I wanted to expand my scope of helping others by becoming a personal trainer. I believe the best way to be healthy is through lifestyle modifications... that way you won't have to see me! My goal is to excel your physical and mental strength



YMCA Personal Trainer

DANIEL KAGANOV

beyond your previous limits in a fun, safe, and challenging way. The road to success starts with believing in yourself.