

SUCK IT UP Fitness

with

David Walker Clapp

Master Fitness Trainer
Boot Camp Instructor
Professional Speaker



Native New Yorker

Manhattan College Class of '87

BS Degree in Biology

Concentrations in Exercise Physiology and Athletic Training

Level 1 Certified Olympic Lifting Coach

Physical Therapy Intern

PACE University

Athletic Trainer ~ Strength Coach ~ Professor of Exercise Science

"David is a very experienced professional trainer; punctual, hard working and dedicated to get you in shape. He loves his work!" ~ *Frank Rosumny*

"David provides the perfect environment to help anyone achieve their own personal goal whatever that might be." ~ *Diana Gibbons*

"Boot Camp is the perfect way to start the day. I supplement my workout with training sessions with David Clapp. He makes working out fun and the results have been amazing." ~ *Kathryn Rosendahl*

"Regardless of your stage in fitness, David will elevate you from where you are. He is very creative and clever in the process. He is a true fitness professional." ~ *Jeff Epstein*

"I can't thank David enough for the inspiration he's provided to workout hard on a regular basis. It's a great way of life." ~ *Rick Jacobson*

"David pushes me past what I believe I can accomplish. I am surprised by what he knows I can do that I didn't think I could. He rocks." ~ *Michele Maidens*

"David listens to your needs, assesses your abilities and creates a workout that is unsurpassed." ~ *Rich Allison*



SUCK IT UP

FITNESS



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SUCK IT UP Inc.