

Natalie Lu

FITNESS SPECIALIST

EDUCATION & EXPERIENCE

Natalie is a fitness professional with a background in personal training, strength and conditioning, and program development. She holds a Bachelor's degree in Exercise Science from California State University, San Bernardino, where she completed four years of focused study in human performance and health. She is also a NASM Certified Personal Trainer and holds additional industry certifications that reflect her commitment to evidence-based coaching and continued professional development.

TRAINING STYLE & PHILOSOPHY

Her training philosophy is built on three foundational pillars: mobility, stability and strength. By developing quality movement, building joint integrity, and progressively increasing strength, Natalie creates structured programs that support long-term performance and sustainable success for life.

With experience working with diverse populations, she specializes in designing results-driven programs that emphasize proper mechanics, behavioral change, and confidence-building. Her coaching style blends accountability with approachability, empowering individuals to improve their health, resilience, and overall well-being both inside and outside the gym.

IF I WEREN'T WORKING IN FITNESS:

I'd be a lifeguard.

CONTACT ME AT

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