



DANIELLE GRAY
CORPORATE SERVICES

TRAIN *like a*
GYMNAST



ABOUT DANIELLE

Danielle is a multi-passionate entrepreneur, Wilhelmina fitness model, speaker, and the founder of Train Like A Gymnast. She is also a certified personal trainer with specialties in women's fitness, youth exercise, bodyweight training, nutrition, kettlebells, pre and post natal exercise.

She is a former Junior Olympic gymnast, judge and coach and comes from a musical family. She is an only child fortunately raised by a single mother in the prosperous neighborhood of Manhattan Beach, California, graduated from the University of Southern California in PR and consumer behavior as a legacy "Scion student", and turned down a promotion at her desk job in online marketing prior to going full time into fitness.

She became a personal trainer at Equinox, trained clients privately, and coached children in gymnastics until she was able to support herself through Train Like A Gymnast and fitness modeling. Most recently, since the pandemic, she has lead 3 personal development retreats, created an ambassador community of over 80 adults worldwide, taught hundreds of live in person and virtual workouts, and become a beloved trainer on multiple fitness apps, as well as her own.



RESUME

DANIELLE GRAY

FOUNDER OF TRAIN LIKE A GYMNAST
HEALTH & FITNESS EXPERT
FITNESS MODEL
SPEAKER



Danielle started gymnastics at 4 years old and was on the Junior Olympic team until age 15. After retiring, she ventured into dance, yoga, weight training, calisthenics, and medaled at a national-level pole fitness competition. Now she is the creator of adult gymnastics platform, Train Like A Gymnast, which focuses on holistic mental and physical conditioning. She has created a way to make health and fitness comprehensible, enjoyable, efficient, and effective.

CERTIFICATIONS

- NASM Certified Personal Trainer
- Pre & Post Natal Certified
- Precision Nutrition Level 1 Certified
- Kettlebell Level 1 & 2 Certified
- Functional Bodyweight Specialty
- Former Equinox Tier 3+ Trainer
- Adult & Child CPR & AED Certified
- Women's Fitness Specialist
- Youth Exercise Specialist

FITNESS CAREER HIGHLIGHTS

- Founder of Train Like A Gymnast (Apr 2016–Present)
- POPSUGAR Fitness Contributor (Dec 2021–Present)
- Fabletics FIT App Trainer (Oct 2021–Present)
- iFIT Trainer (Jan 2021–Present)
- Women's Health Contributor (Jan 2020–Present)
- FOX11 LA Pandemic Contributor (Apr 2020)
- BaseBlocks Trainer (May 2020–Oct 2020)
- Wilhelmina Fitness Model (Apr 2017–Present)
- 2nd Place National Pole Championships (2015)

CONTACT INFORMATION

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Women'sHealth

Forbes

FOX 11
LOS ANGELES

POPSUGAR.

mindbodygreen

STRONG
FITNESS MAGAZINE

HERMONEY

STYLECRAZE

REDUCING ANXIETY

SESSION 1

For: Executive Levels

This session delves aims to increase awareness of limiting beliefs or peeling back the layers on already identified limiting beliefs for those in leadership positions and provide mental and physical tools for them to improve their interpersonal communication skills.

Reducing feelings of imposter syndrome, teaching patience for every season of business, redefining self worth, and playing devil's advocate with their own thoughts will prove to be enlightening as well as inspiring perspective shifts. Participants will walk away with ways to stay in their most impactful zone to generate the best results for themselves and the company as a whole.

SESSION 2

For: Managers, Leadership Roles

This session delves into the psychological reasoning behind our behaviors and helps establish each team member's personal values that spill over into their professional relationships. Participants will gain understanding about why they behave the way they do and minimize judgmental thoughts about themselves as well as others.

More understanding will help increase tolerance of coworkers, teamwork on projects, resourcefulness, individual creativity, and more informed leadership resources for optimal success.



OTHER SESSIONS

GUEST SPEAKING

ENTREPRENEURSHIP

- Perfectionism, High Standards, Paralysis by Analysis
- Stress & Time Management
- Impact Zones, Goal Setting, & Asking For Help
- Resourcefulness & Organization
- Strategic Networking & Wearing Multiple Hats
- From Desk Job To Following Your Passion

HEALTH & WELLNESS

- Small & Large Group Workouts (Indoor & Outdoor)
- Creating Mental Space
- Boundary & Achievable Goal Setting
- Desk Exercises & Stretches For Mental Breaks
- Virtual Sessions - WFH Advice
- The Importance of Mental Health



WHAT CLIENTS SAY

“Danielle does a great job catering to the customer’s needs with her training programs and really knows how to target areas that need the most help. In addition, her in-person training sessions are friendly, but focused. She really keeps you honest and dedicated, while making sure all the moves are achievable and safe.”

Jade, Hermosa Beach



“Danielle has made such a huge impact on my life and she is a phenomenal trainer in every way possible. She really takes into account each client's specific body type, how we work, how we're feeling, and really watches if you've injured yourself outside of the gym. In a little over a year, I've lost over 20 pounds and about 13% of my body fat and honestly, I feel stronger and happier now at 44 than I think I ever have and for the first time in my life, I feel like being fit is a real part of who I am as a person and it's a real commitment that I've made. She's wonderful, she's goofy, she's funny, she's a real inspiration and your life will be better if you train with Danielle.”

Mary, Marina del Rey

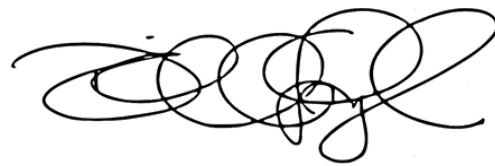




READY TO WORK TOGETHER?

Yay! I'm excited!

We all are doing the best we can do in this life with the tools, resources, and lived experiences we have. I have a passion for educating and showing people that they are more capable than they think they are. I am ready to inspire and create life-changing results and new perspectives for you and your teams.



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