



DANIELLE GRAY
SPEAKER 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

Best For: In-Season, Midterms, Finals, Graduation

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: Off-Season, Preparation, Teammate Issues

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 TOPICS

- Perfectionism, High Standards, Paralysis by Analysis
- Stress & Time Management
- Asking For Help
- Resourcefulness, Organization, & Goal Setting
- Strategic Networking & Following Your Passion
- Becoming & Staying A Forever Athlete
- Small & Large Group Workouts (Indoor & Outdoor)
- Creating Mental & Physical Space In Your Life
- Setting Boundaries
- Desk Exercises & Stretches For Mental Breaks
- Virtual Sessions - WFA Advice
- The Importance of Mental Health After You Retire
- Shifting Away From Your Athlete Identity



WHAT CLIENTS SAY

“I didn't know how much I needed [Danielle] and this experience in my life because I've come so far this year with the calls and doing a lot of growth through our sessions. Also going on the retreat, I can't speak enough about how much I've gotten out of those two things this year. And I accredit a lot of my success, happiness and self awareness to those two things. I could not be more happy and I definitely recommend it for anyone that's looking for a refresh in their lives, looking for a change, or they feel like they're lost or in a rut. This is definitely something that will help you get to where you want to be. Even if you're feeling good about your life and just want to take a second to think about how fortunate you are, how happy you are and really appreciate everything about life, then I really recommend it for you as well.”

Leah, Former Gymnast



“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, Training Client

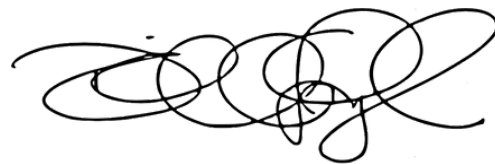




READY TO WORK TOGETHER?

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. So let's keep learning. I have a passion for educating and showing our future generation 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 team.



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