



Morgan Watson

COURTSPOUNTS PERSONAL TRAINER

Functional Training for every lifestyle

Morgan grew up in Colorado skiing and backpacking. He has since visited all 7 continents and climbed 4 of their highest peaks. After meeting his wife at the South Pole, they attended school together to become personal trainers where he has developed a belief in a well-rounded approach to fitness through appropriate movement and nutrition in order to be happy and pain free for life. He is certified through Fitness Professionals International, ACE personal trainer, and holds a certificate in Body Weight Training.

Morgan has worked with people who have lost 75 pounds (and counting), people who are beginning weight training, people who are experienced and want to step up their game, athletes looking for an edge in their sport, and those who simply want to play and live pain free.



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"I went through several fitness trainers before I was referred to Morgan. I can't say enough about his knowledge, skill and technique. Morgan and I sat down and discussed goals and objectives and he assessed my fitness level. He designed workouts specific to my needs that supported my cycling as well as addressing those areas that were being overlooked. We discussed diet, exercise in and outside the gym, and when Morgan moved to another city he continued my training by tracking my workouts and designing monthly programs to address my fitness needs. With Morgan, I experienced more improvement in 2 months than I'd seen over the previous 2 years with other trainers. Morgan brings just the right balance of humor and gravity to his motivational methods. If you're thinking about hiring a trainer, go with Morgan. You can't go wrong." ~ Best, Keith C.

My son, at 16, got a good foundation from Morgan for working out properly. They worked on all the basics and especially on doing them right. When my son started gym at school, the coach was impressed that he knew how to do push-ups correctly. Josh is the star of his gym class. -Kristi K.

Morgan, I just have to share with you a special moment I had today ...On my way over to pick up my granddaughter this a.m., I stopped by Fred Meyer to buy a new DUCK shirt!!! For the last 25 plus yrs. I have worn a size 3X...today I tried on a 2X, way too big...then I tried on a 1X...still too big...ended up with an XL...a little big still....but it finally hit me.....and I cried!! Thank you for all your support, and pushing, and believing in me..... I would have NEVER made it this far without your help!! -R.M.

