



TBZFITNESS.COM
Trained by Zebin!

**t·bz·fitness (noun.) - trained by
Zebin; consultant & certified
physical trainer; let's get to
work.**

A guide by Mr. Zebin Rumph - Certified Physical
Trainer

MISSION



- To assist and help direct others towards acquiring education and/or specialized skills, through a series of diverse community intervention programs.
- Advocate and promote healthy lifestyles for every community, company, and organizations in a community near you.
- To educate communities in the area of arts and business, and fitness while building lifelong relationships with youth, mentors, communities and businesses.

VALUES

1. Fitness Accountability
2. Fitness Trust
3. Fitness Respect
4. Fitness Integrity
5. Fitness Self Esteem
6. Fitness Resilience
7. Fitness Confidence
8. Fitness Quality
9. Fitness Innovation
10. Fitness Skill Development

