

Thomas Haines

Thomas has 12 years of professional boxing experience that he brings to his training. 4 years as a professional MMA fighter and is a Krav Maga third degree instructor. As a fitness professional he brings a variety of training methods to the table. He puts his knowledge to work with his own passion of competing and pushing himself to be his best physical self. He is an all natural UFE pro body Builder. He is a certified trainer and conditioning coach with NCSA. Thomas put his experience and knowledge to work and created the AXBall.