



## Shane Doll CPT, CSCS



Shane Doll is a certified Charleston personal trainer, fat loss expert, speaker, and founder of Shaping Concepts Personal Training Studios. Shane specializes in helping people achieve body transformations with a coaching program incorporating short duration-high intensity "burst training" workouts combined with simplified nutrition strategies using natural, whole foods.

He is the creator of the "Lean Code Method" for natural weight loss and body transformation. The foundation for his proprietary system is identifying any hormonal imbalances or other hidden obstacles that keep people from losing weight.

A step by step process is used to pinpoint any physiological or behavioral issues that need to be addressed for positive changes to occur. The healing power of God's foods combined with regular physical activity, adequate sleep, stress reduction, and hormonal balances are used to naturally provide the human body with a pathway to remove excess fat. This synergistic approach is used to also provide strength, vitality, energy, and optimal health.

Shane received his Bachelor Degree at Bowling Green State University where he also played NCAA Division I collegiate football. He has been certified as a personal trainer and strength and conditioning specialist with the nationally accredited National Strength and Conditioning Association (NSCA) and also received a Biomechanics of Exercise certification from the Cooper Institute in Dallas, Texas.

He founded Shaping Concepts in 2004 and has since grown the business by successfully owning and operating (4) personal training studios in Charleston, SC, Bluffton SC, Myrtle Beach SC, and Charlotte, NC. Shane's accomplishments have been recognized by fitness industry publications like Personal Fitness Professional which has a nationwide circulation. He has also served as a featured writer for Oblique Magazine, SC Woman Magazine, Your Beauty Magazine, and several other local print publications in South Carolina.

Shane is a sought after fitness consultant with over 20 years experience in strength training, fat loss, and personal coaching. He is available for thoughtful, candid interviews and can be reached at [shane@shapingconcepts.com](mailto:shane@shapingconcepts.com).

### Media Features

News Radio 94.3 WSC

WCIV Channel 4 ABC

WCBD Channel 2 NBC

Personal Fitness Professional Magazine

Post & Courier News

Oblique Magazine

Coastal Sports & Wellness News

Island Eye News

Natural Awakenings

Your Beauty Magazine

Something Blue Carolina Magazine

Parent News

SC Woman Magazine

Charleston Regional Business Journal

Bluffton News

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