

Meet Logan

HOW DO YOU MOTIVATE?

I always say we train the body to sharpen the mind. When we turn obstacles into opportunities, we push through physical barriers and discover more of ourselves. We become curious about what happens if we just keep going.

OUTSIDE OF PELOTON

I love the outdoors, extreme sports, and adventure in general. I'm an avid snowboarder and surfer. I've got two pups—Millie and Stella. Millie is almost 5 years old. She's a mini-me tripod, and Stella is 10 years old.



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