



Ener Danganan Beltran

JAN 3, 1969 - JUL 2, 2024



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Table of Contents

Obituary	Page 3
Events	Page 5
Tribute Wall	Page 6
Media	Page 10



Ener Danganan Beltran

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Ener Danganan Beltran, beloved son, brother, and a proud Marine veteran passed away unexpectedly in his home on July 2, 2024.

Ener was born on January 3, 1969 in Pampanga, Philippines. He was the eldest of three children. In 1974, Ener immigrated to the United States with his parents and siblings. Ener first grew up in Bremerton, Washington then in 1977 moved to San Diego, California.

Ener graduated from Morse High School in 1987 and from 1988 to 1992 served in the U.S. Marine Corps. He was stationed in Camp Lejeune, North Carolina and Okinawa, Japan. Ener also served in the Gulf War, taking part in ground combat during Operation

Desert Shield/Desert Storm. He took immense pride in his military service and was honourably discharged with various commendations and medals. Afterwards, Ener attended Maric College receiving his certification in Sports Medicine/Physical Therapy Assistant.

Since adolescence Ener loved lifting weights, wrestling, and exercise. He would later compete in powerlifting and bodybuilding contests where he was awarded numerous trophies. Ener's experience and vast knowledge of the health and fitness industry along

with his career as a personal trainer earned him the designation of AMFPT Certified Master Trainer. He dedicated his life to helping others achieve their lifestyle and fitness

goals, and his passion for bodybuilding was an inspiration to all who knew him. Also known as "The Workout Geek," Ener enjoyed producing and editing videos that



Obituary

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provided valuable insights on tech products as well as workout and exercise tips on his

YouTube page: @theworkoutgeek

Ener was preceded in death by his father, Primicito Beltran, and is survived by his mother, Adalia Beltran; spouse, Cynthia Beltran; and siblings Efraim (Amy) Beltran and

Ethel (Erwin) Bartolome. He was a caring and loving uncle to his nephews: Ethan, Evin,

Eien and Eli, and nieces: Elena and Elle.

Most especially, Ener was a faithful and steadfast member of the Iglesia Ni Cristo (Church of Christ). He fought the good fight and finished his race... His legacy of service, love, and dedication will forever be cherished by his family and friends.

To honor Ener's memory and to assist with funeral arrangements we have established a

gofundme at: <https://gofund.me/afaf5136>

Your generosity and support during this difficult time is wholeheartedly appreciated.





Events

Ener Danganan Beltran

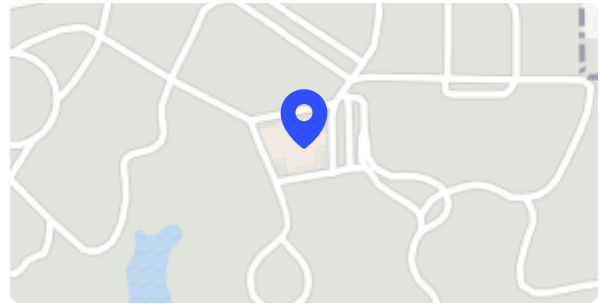
JAN 3, 1969 - JUL 2, 2024

Visitation


 **Thursday**, July 25, 2024

 6:00 PM - 10:00 PM PT

 **Garden Chapel at Greenwood**
4300 Imperial Ave., San Diego CA 92113

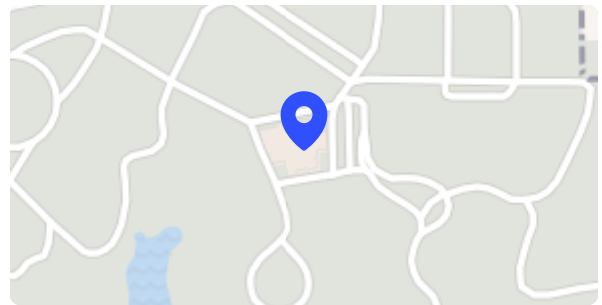


Visitation and Service

 **Friday**, July 26, 2024


 10:00 AM - 2:00 PM PT


 **Garden Chapel at Greenwood**
4300 Imperial Ave., San Diego CA 92113

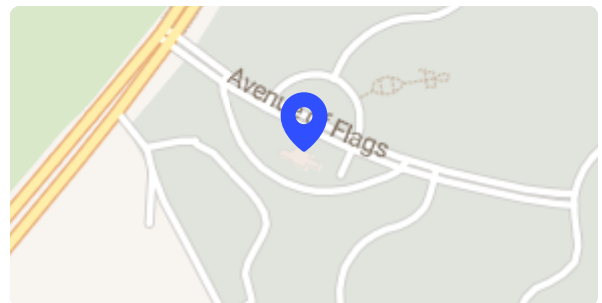


Committal Service

 **Friday**, July 26, 2024

 2:00 PM PT

 **Miramar National Cemetery**
5795 Nobel Drive, San Diego CA 92121





Tribute Wall

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M S posted:

Our 6 month tour in Okinawa..Ener wanted to be a black belt in something I can't remember what but he did it! We drank & fought & got in trouble but he was dedicated & accomplished it.

October 1 at 2:52 PM



M S posted:

I don't know what made me think of Ener,I googled him & found out he had passed. My name is Tom Smolarek,I served in 2nd Battalion 2nd Marines with him in the late 80s early 90s. The moment I saw his picture I knew it was him. Im terribly sorry for the loss,although it has been decades since we seen each other he was & is always my Marine Corps Brother. SEMPER FI MARINE!

October 1 at 2:50 PM



Amy shared a photo to the **Tribute Wall** album.

<https://www.vlm.cem.va.gov/ENERDBELTRAN/a710d1>



January 3 at 2:08 PM



Angie Ortega posted:

I just found out about Ener's passing. My heart goes out to his family. I know how close they were.I first met Ener in Oct 2017. He was my trainer at LA Fitness for 5 years until I relocated to North Carolina. I too considered him a friend. I looked forward to working out and to spending 30 min with him three times a week. He made working out fun. He was funny, kind, and loved reciting scenes from one of his favorite movies, Deadpool. He spoke of his family often and was very proud of his nieces and nephews. Always showing us pictures of them. He will be missed.

November 2 at 1:29 PM



Amy January 3 at 2:09 PM

Thank you for sharing with us Angie— means a lot to the family.



Tribute Wall

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Thomas J Dawson posted:

Our Deepest Condolences We will miss him. From Thomas Dawson and Maria Dawson.

July 29 at 7:49 AM



Amy January 3 at 2:11 PM

Thank you Brother - we miss seeing you po. Take care.



Anonymous sent a Beautiful in Blue to the Beltran family.



July 25 at 3:38 AM



Jericho V. posted:

jericho Velasquez4 hours agoI remember the days when Ener and I worked out at PB golds gym...he was always dedicated and loved the body building game...he left for the military and so did I ... he finished his tour and continued what he loved "bodybuilding "...I know he touched a lot of hearts...to Ethel and Whoggie...our brother is not gone...he's just in a different place working out in other gyms and exploring the world ...Ener , I miss you brother ... 🙏

July 21 at 4:54 PM



Anonymous sent a Magnificent Life Spray to the Beltran family.



July 21 at 4:43 PM



Raul Carmona planted a Memorial Tree in honor of Ener.



July 21 at 4:43 PM



Tribute Wall

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Joe Chang lit a candle in honor of Ener.



I first met Ener on 10/31/2017 for my very first training session in Poway LA Fitness. I was skinny, weighed 115 lbs, 23% body fat, and had absolutely no background nor experience in weight lifting, let alone getting in shape. But I was tired of being weak physically. And that physical weakness affected me mentally as well. All I had was a dream of some day becoming strong, through what ever means necessary even though I had no idea how to put in the work into becoming strong. There I was, all skin and bones at the time. I distinctly remember looking at Ener, and admiring his physique. The results of Ener's work habit in lifting was very visible; it didn't take a genius to figure out that he was truly strong. Hell, his muscles flexed by him simply just WALKING normally from one place to another. And I immediately made the decision with this attitude and mindset: I was gonna go through all his training, or die trying. Ener once asked me, "what is your goal? Why did you start working out?" I replied a very simple answer, "I'm tired of being weak. I don't want to be strong, I NEED to be strong." And that was the one and ONLY time he asked me that question. He proceeded to put me into the grind, and grind I did. I gained 30 lbs in my first 90 days and eventually I went up to weighing 180 lbs in late 2019. He continued training me 3 times a week consistently, and I had to discipline myself to show up when I didn't want to. The first 2 years from 2017-2019, there were countless times after a training where I felt like throwing up afterwards. But I never treated his training as if it was an option, and I sure as HELL never thought of ever quitting. Even the hardest exercises (deadlifts and barbell squats), I hacked my brain and convinced myself those exercises are absolutely not optional. The very first training session on 10/31/2017, I had trouble simply just deadlifting and squatting the barbell itself, only 45 lbs! My first time achieving a 4-plate deadlift (405 lbs) was recorded and immortalized on his Instagram on August 2022. Now, my deadlift has reached 475 lbs for a 1 rep max. That was something I never thought I could accomplish, but I did thanks to Ener. However, the 475 lbs 1 rep deadlift still PALED in comparison to Ener as he could consistently deadlift over 500 lbs with 10 REPS for 3 SETS. Truthfully, I was envious. But more than that, I was very inspired. Which was why I remained under his tutelage even up to the very end. The training skillset and mindset Ener imparted to me will be taken for granted. I will forever be in his debt through the 6.5 almost 7 full years of physical training. My heart goes out to the entire Beltran family. Ener is someone I aspired to be, and I will always remember him.

July 17 at 5:25 PM



Maria Walker July 27 at 3:45 PM

Ener was more than my trainer! I considered him a friend. Once Ener discovered that I too was a retired Marine we formed a bond. I'm thankful for him always pushing me to do better. We laughed a lot and I cried a lot because I was so weak at the time. I'll forever be thankful for Ener and I'll miss my friend!



Jericho Velasquez July 21 at 1:11 PM

I remember the days when Ener and I worked out at PB golds gym...he was always dedicated and loved the body building game...he left for the military and so did I ... he finished his tour and continued what he loved "bodybuilding "...I know he touched a lot of hearts...to Ethel and



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Whoggie...our brother is not gone...he's just in a different place working out in other gyms and exploring the world ...Ener , I miss you brother ... 🙏



Jericho Velasquez July 21 at 1:05 PM

He's in a better place



Media

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Amy shared a photo to the **Tribute Wall** album.

January 3 at 2:08 PM





Memories only last if you share them

Join us in honoring Ener by contributing to a collection of shared memories.



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