

# Strength Coaching



As a former college athlete and certified personal trainer, my true passion is helping individuals optimize their performance in their respective competitive sport. I spent two seasons as the Strength Coach for Kentucky Wesleyan College men's basketball. I have worked with countless athletes, at all levels, to become stronger, faster, more explosive, and reduce susceptibility to injury. I have also suffered several injuries during my career that demanded extensive rehabilitation. I use my experiences and training to assist athletes in returning to old form or even better.

There is no substitute for hard work, but working smarter will produce optimal results. Contact me for custom safe and effective training programs for athletes to become the best version of themselves.

## **Individual Rate-**

**\$60/ 1 hour**

**Contact me for affordable Group Rates.**

