



# PERSONAL TRAINER PROFILE



## KYLE WILSON

### BACKGROUND:

- M.B.A
- B.S. Biology  
Minor Exercise & Sports Science
- NSCA- CSCS
- First AID, CPR/AED

### ADDITIONAL CERTIFICATIONS/SPECIALTIES

- USAW I, USATF II, USTFCCCA.

**YEARS EXPERIENCE: 14**

### TOP TRAINING TIP:

Perfect practice makes perfect. Quality over quantity.

### FAVORITE EXERCISE:

Olympics lifts

### PERSONAL INTERESTS:

Spending time with my wife and three kids, teaching exercise science, coaching the pole vault, personal finance, and helping others



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