



## TEAM MEMBER BIOGRAPHY

### ALBERT SHERMAN FITNESS CENTER



#### Kyle Wilson, CFW Health Fitness Program Manager

- M.B.A
- B.S. in Biology and Minor in Exercise & Sports Science
- Certifications - NSCA-CSCS, CPR/AED
- Specialty Certifications USATF II, USAW I
- Spin & Strength, Total Body Circuit, Boot Camp

#### Biography

- **Training Philosophy-** By constructing a core of multi-lateral training goals with individual assessments in mind, success can be achieved. My main focus is on correct technique and motor-memory (CNS, weight lifting, running, rhythm and specific technique), and the strength associated with that specific task.
- **Training Style-** Emphasize training the correct energy system ratio (anaerobic: aerobic) for development of speed-power or endurance
- **Favorite Quotes-** “perfect practice makes perfect”, “quality over quantity”
- **Favorite Exercise -** Olympic lifts
- **Interests –** Spending time with my wife and three kids, teaching exercise science, coaching the pole vault, personal finance, and helping others.
- **Interesting Facts –** Played College and Semi-pro Football, Still Pole Vault