

Chase Edwards



BIRTH PLACE:

Erwin, TN

CERTIFICATIONS:

Certified Athletic Trainer; Certified Strength and Conditioning Specialist; CPR/First Aid

EDUCATION:

Bachelor of Science; Athletic Training (Emory & Henry College 2012)
Master of Arts: Exercise Physiology and Human Performance (ETSU 2014)
Doctor of Physical Therapy: (Emory & Henry College Currently Enrolled)

TRAINING PHILOSOPHY:

It doesn't matter how you train, only that you train with purpose.

FAVORITE TYPE OF WORKOUT/EXERCISE:

Powerlifting/Deadlift

FITNESS BACKGROUND:

I began competing as a powerlifter in 2006, I have been nationally ranked as a competitive powerlifter on and off since that time. I have been fortunate enough to work with elite level strength athletes as well as team sports including Division I, II, and III: soccer, football, and basketball teams as well as coaching individual powerlifters/athletes since 2011. I believe that strength training should be the cornerstone of every training program as it propels human potential forward as well as improves quality of life as we age. I incorporate functional training that in theory will directly carry-over to daily function as well as sports/human performance.

OTHER HOBBIES & PERSONAL INTERESTS:

*Drinking coffee *Reading *Outdoor Sports * Live Music *Powerlifting Competitions