

Erica Poe



BIRTH PLACE:

Marion, VA

CERTIFICATIONS:

Certified Personal Trainer (ACSM), CPR/First Aid

EDUCATION:

Bachelors of Science in Sports Medicine from Radford University; Currently in the DPT program at Emory and Henry College

TRAINING PHILOSOPHY:

I believe one should participate in a full body training regimen with weighted and body weighted workouts. Cardio is an important part of a healthy body and needs to be included also. I believe that if you are not breaking a sweat you are not working hard enough. There is always room for improvement and I will make sure you reach your goal!

FAVORITE TYPE OF WORKOUT/EXERCISE:

High Intensity Interval Training and playing basketball

FITNESS BACKGROUND:

I have always been an athlete throughout school, I played basketball, ran indoor and outdoor track, and participated in Strength and Conditioning courses. I have always been on a regular exercise schedule and continue to be to this day.

OTHER HOBBIES & PERSONAL INTERESTS:

Weightlifting, basketball, obstacle course races, 5K races, hiking, spending time with family and friends, and spending time with my pets.