

Jeremiah Enberg



BIRTH PLACE:

Harvard, Illinois

CERTIFICATIONS:

CPR/First Aid, CEP Certification in Progress

EDUCATION:

Masters of Science in Exercise Science, Clinical Concentration; B.S. in Kinesiology and Sports Studies, Exercise Science Concentration

TRAINING PHILOSOPHY:

Give what you can. Your hard work will pay off if you commit yourself to it.

FAVORITE TYPE OF WORKOUT/EXERCISE:

Power Clean, Snatch, & Overhead Press. Interval training is also something I enjoy.

FITNESS BACKGROUND:

The need to be strong and healthy is what got me into fitness. During college, I interned in two cardiac rehabilitation clinics that solidified my passion for helping people to become stronger. Following college, I became a Personal Trainer for Anytime Fitness before my move to Virginia. Upon arriving here I worked under a Cardiologist as a Stress Tech before I got a job at the Lifetime Wellness Center as the Clinical Liaison.

OTHER HOBBIES & PERSONAL INTERESTS:

My hobbies consist of playing Volleyball, Golf and video games. I enjoy Olympic lifting and loathe long distance running. I also enjoy the occasional binge watching of shows on Netflix.