

Dan K.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Sports Science w/ Emphasis in Coaching Competitive Athletes from University Wisconsin-LaCrosse
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Sport Specific Training for Performance
- MVP and Captain of Various Team and Individual Sports (1996-2012)
- Head/Assistant Coach of Various Sports
- Strong Interest in Cognitive Science and Neuromuscular Training
- Extrinsic Motivator which Translates into Intrinsic Motivation



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