

# CORI CROWL

## **DEGREES & CERTIFICATIONS**

- NASM Certified Personal Trainer
- Studying Health and Exercise Science
- Tribe Team Training- Head Coach
- CPR/AED and First Aid Certified

## **SPECIALTIES & AREAS OF EXPERTISE**

- Athletic cross training
- Plyometrics
- HIIT Training
- General – Working w/ all Fitness levels
- Youth Training
- Proper stretching/foam rolling techniques
- Core strength
- Cardio endurance
- Balance & stability

## **HOBBIES & INTERESTS**

- Hiking, Camping and Just being out in Nature
- Hanging out with my family & friends
- Distance Running
- Cooking

## **TRAINING PHILOSOPHY**

It's amazing what the human body is capable of when given the right push and guidance. Health should not be a chore rather than a way to enjoy life to its fullest. Challenge yourself to try new things everyday and use fitness as a tool to become the best version of yourself!

