

Eric Rhodes

Personal Trainer



I Can Help You

- Establish and achieve all of your fitness goals
- Reduce the potential for long term health problems
- Increase the quality and duration of your life by Boosting performance, productivity, and well-being

Areas Of Specialty

- Sport specific conditioning for all levels of athletes
- General strength and conditioning
- Postural, balance, and flexibility improvements
- Progressive cardiovascular training

Emphasis/Philosophy

- Functional and core training to improve everyday movements
- Progressively designed programs to enhance client's overall performance
- Utilize my education and knowledge to educate all my clientele

Qualifications

- Master of Science, Nutrition and Exercise Science, Southeast Missouri State University
- Bachelor of Science, Health Management, Southeast Missouri State University
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist
- American College of Sports Medicine Certified Health Fitness Instructor

Personal Note

- As a professional in the fitness industry it is my responsibility to utilize my education, resources, and scientific principals to provide the most comprehensive, safe, and effective program that will accomplish the specific goals of all my clientele.

Work Phone: (727) 462-7685



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