

Landon Wilson

SUMMARY

Certified personal trainer with five years experience working with clients of all ages, both athletes and general population. Bringing a focus on physical development to improve strength, mobility, enhanced daily function, and overall quality of life.

EXPERIENCE

Personal Trainer, Baptist Milestone Wellness Center; Louisville, KY - 2021 - Present

Designing exercise programs tailor made to each client's specific goals as well as one-on-one and group coaching

Participating in photoshoots for gym marketing materials (both print and online)

EDUCATION

B.S. Health & Human Performance (University of Louisville, 2021)

CERTIFICATIONS

ACE Certified Personal Trainer

American Red Cross: Adult CPR

American Red Cross: AED

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