

Furqan Waziri



Fitness Philosophy

Fitness is a journey that can enhance your quality of life. It is a journey that can teach you much about yourself and equip you with tools to enrich other areas of your life. Fitness encompasses many different means of improving one's overall health and is welcoming of everyone regardless of where they start from. What thrills me the most is working with people to develop and execute a personal tailored program that helps them in achieving their goals and becoming a better version of themselves.

Areas of Expertise and Interest

Expertise:

- Strength training/ powerlifting
- Building lean muscle mass
- Weight loss/gain
- Circuit training
- Core strengthening
- High intensity interval training
- Balance and stability
- Injury prevention

Fitness Interests:

- Nutrition
- Functional movement
- Power training
- Marathon/Triathlon training
- Martial Arts

Education and Certification(s)

Indiana University, May 2022

- B.S. Kinesiology – Exercise Science (May 2022)
- National Academy of Sports Medicine Certified Personal Trainer (August 2019)
- American Red Cross Adult and Pediatric First Aid CPR/AED Certified (August 2019)