

# Pedram Hamidi

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## **Fitness Philosophy**

I view fitness as an individual's attempt at becoming a healthier version of themselves than they were the day before, regardless of whether that is through increased flexibility and mobility, cardiovascular health, fat loss, increased strength, increased lean muscle mass, etc. I believe this is something that, with enough hard work and perseverance, is attainable for everyone, at any age, physique, or experience level. I hope that with my expertise I can help you become a more fit and healthy version of yourself!

## **Areas of Expertise and Interest**

Expertise:

- Resistance training for lean muscle mass gain
- Resistance training for increased strength/power
- Weight gain and weight loss
- Improving athletic and functional abilities
- Endurance training for cardiovascular health

Fitness Interests:

- Bodybuilding
- Powerlifting
- Olympic Weightlifting
- Nutrition
- Science/principles of resistance training
- Resistance training techniques

## **Education and Certification(s)**

- American College of Sports Medicine Certified Personal Trainer - July 2019
- American Heart Association Basic Life Support (CPR/AED) Certified - August 2018
- Indiana University B.S. Kinesiology, Exercise Science - Present