

# Rylea James

---



## Fitness Philosophy

- Optimal fitness includes both internal and external health and can be achieved in a variety of ways. Aside from crushing goals and setting records I believe fitness can be something that is enjoyed by all. It requires focus and drive but let's have fun at the same time!

## Concentrations

- Weight and other resistance training methods for increases in strength and hypertrophy
- Weight loss and the use of HIIT
- Flexibility and mobility training
- Increases in cardiovascular fitness
- Increases general fitness to aid in daily life tasks

## Education & Certification

- American College of Sports Medicine Certified Personal Trainer – September 10<sup>th</sup>, 2020
- American Red Cross Adult First Aid/CPR/AED – August 31<sup>st</sup>, 2020
- Indiana University Bachelor of Science in Kinesiology, Exercise Science Major – Present