

Michael Gehrling



Fitness Philosophy I believe fitness can mean something different to everyone and it goes far beyond simply how you look. When you prioritize your happiness and health and enjoy working on improving them, you are already miles down the road towards becoming fit. Through the combination of improving muscular strength, cardiovascular health, and nutrition, it is my passion to help you prove to yourself that you are stronger than you ever imagined!

Areas of Expertise and Interest

Expertise:

- Weight training for hypertrophy and strength
- Cardiovascular training
- Teaching the basics of exercise
- Body composition change
- Complete fitness for overall wellbeing
- Balance and stability
- Working with all genders and ages

Fitness Interests:

- Training for hypertrophy and strength
- Cardiovascular fitness
- Powerlifting
- Balance training
- Functional strength and movement
- Being active outdoors (Hiking, Kayaking, etc.)

Education and Certification(s)

Indiana University

- B.S. Fitness & Wellness with Sports Marketing & Management Minor (expected: Spring 2023)
- American Council on Exercise Certified Personal Trainer (August 2022)
- Adult and Pediatric CPR and AED Certified (August 2022)