

# Sean Wracher

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## **Fitness Philosophy**

I view fitness as a means to a better level. Combining great cardio, strength, and nutritional training with motivation can lead individuals to a healthier and happier life. I believe everyone can achieve a better version of themselves with the right mindset and hard work!

## **Areas of Expertise and Interest**

### **Expertise:**

- Sport-specific training
- Weight training for muscle growth and strength increase
- Agility and stability training
- Weight loss/gain
- Nutrition for weight loss/gain
- Injury/Surgery Rehab

### **Fitness Interests:**

- Sport-specific training
- Body Building
- Strength Training
- HIIT/Cardio Workouts
- Stability Training

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

### **Indiana University- May 2023**

- B.S. Finance (May 2023)
- Minor in Sport Marketing/Management (May 2023)
- ACTION Personal Trainer (March 2023)
- CPR Certified (2019)