

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: BEN BARBERA



CERTIFICATIONS:

- M.S. Exercise Physiology, Indiana University
- B.A. U.S. History, Indiana University
- Health/Fitness Instructor (HFI), American College of Sports Medicine
- USA Track and Field Coach, Level 1

BACKGROUND:

I have been involved in sports and fitness for several years. I initially started as a coach and then moved into personal training. My coaching experience includes Ultimate Frisbee at Indiana University. I've also worked with endurance athletes and was the lead exercise physiologist at a physician-managed obesity clinic.

I can help people meet various fitness goals, including increasing strength, losing weight and improving sports performance. With a philosophy rooted in fundamental strength training principles, I emphasize functional training and the development of core strength. My background in distance running proves my firm belief in cardiovascular conditioning and improving performance through controlled progression of exercise as well as developing the necessary underlying strength to avoid injury. As a former team captain and coach, I have experience designing speed and agility workouts to improve sports performance.

SPECIALTIES: FUNCTIONAL TRAINING – STRENGTH TRAINING – ENDURANCE SPORTS – TEAM SPORTS – CARDIOVASCULAR CONDITIONING – SPECIAL POPULATIONS