

**PERSONAL TRAINER PROFILE**

**PERSONAL TRAINER:** DAVE NYLAND

**CERTIFICATIONS:**

- B.A. Law, Societies & Justice; University of Washington
- B.A. Sociology, University of Washington
- Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association (NSCA)
- USA Track and Field Coach, Level 1



**BACKGROUND:**

I have a background rooted in the sport of Track & Field. Throwing the javelin for nearly a decade has provided me with a great deal of experience and knowledge regarding strength and power training. More importantly, it has ignited a passion for helping others achieve their fitness goals, regardless of what those goals may be. That passion has led me into the fields of both coaching and personal training. I have coached the gamut from first time adolescent throwers to national level competitors, and am currently an assistant coach for the University of Washington Track & Field team. As a personal trainer I have helped people of all fitness and experience levels achieve a wide range of goals. Whether you are looking to lose weight, gain strength, or live a healthier life I can provide you with the tools and motivation to get you there.

When away from the gym and track, I spend as much time as possible with family and friends. I enjoy the outdoors, attempting to cook, and trying new things. I am a huge sports fan and love watching football.

**SPECIALTIES:** POWER LIFTING – SPORT-SPECIFIC TRAINING – STRENGTH TRAINING