

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: JULIE FRIEDERICH



CERTIFICATIONS:

- B.S. Exercise Science, University of New Mexico
- Certified Personal Trainer (CPT), American College of Sports Medicine

BACKGROUND:

As a personal trainer, the success of my client is the measure by which I judge my own success. In order for a goal to be realistic, a client's fitness, nutrition, and attitude must support it. Having worked in a variety of personal training and physical therapy settings, I have experience with wide-ranging goals and abilities. Whether you are starting from scratch or are an accomplished athlete, I will work with you to develop a challenging and fun program that promotes not only your goals but also your personal understanding of a healthy lifestyle.

Having participated in volleyball, track, yoga, tennis, soccer, swimming, and horseback riding throughout my life I have gained understanding of a wide variety of sport-specific training principles. I recently moved to Seattle in the hopes of pursuing graduate study of physical therapy at UW. My experiences as an aide and volunteer in a variety of physical therapy settings have strengthened my knowledge of prehab, rehab, and functional training. When I'm not training, volunteering, or taking classes, I enjoy the diverse recreational activities available in Seattle. Running, playing volleyball, hiking, camping, skiing, playing piano, reading, cooking, and spending time with friends all score high on my list of favorite things to do!

SPECIALTIES: PREHAB/REHAB – SPORT-SPECIFIC STRENGTH TRAINING – FUNCTIONAL TRAINING – WEIGHT MANAGEMENT – POSTURE – PLYOMETRICS