

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: KELVIN WALLACE



CERTIFICATIONS:

- B.A. Kinesiology, Southern Arkansas University (in progress)
- Certified Personal Trainer (CPT), National Academy of Sports Medicine

BACKGROUND:

Kelvin studied Kinesiology at Southern Arkansas University, where he left early to pursue a career as a professional football player. Kelvin played in both the European Football League and Arena Football League for 5 years, before retiring to the Seattle area. Here he decided to follow in his father's footsteps, who was a strength and conditioning coach for high school students in Texas. Kelvin works with students at University Prep as their Fitness Center Supervisor and has transitioned into personal training as well with 6 years' experience as a personal trainer.

Kelvin is a big proponent of the TRX® Suspension Training System, which he uses in conjunction with his intense custom programs. This has allowed him to help clients effectively achieve their fitness goals. He has trained several professional athletes as well as a few models. In his spare time, he enjoys bowling, playing golf, participating in a baseball league and cooking.

SPECIALTIES: FUNCTIONAL TRAINING – STRENGTH TRAINING – TRX TRAINING