

BO PRITCHARD



EDUCATION

Bachelor's Degree in Physical Education, with a minor in Kinesiology from University of Oklahoma

QUALIFICATIONS & CERTIFICATIONS

- Bachelor's Degree in Physical Education. With a minor in Kinesiology.
- Certified from the American Fitness Professionals & Associates (AFPA) in: Sports Conditioning Specialist Certification (SCSC), Strength Trainer Certification (STC) and Certified Personal Trainer (CPT)
- CPR/AED & First aid certified through American Heart Association

SPECIALIZATION

Working with the General Population (adults and children) from the beginning thru to the elite levels. Helping them to have a more active lifestyle, lose weight, increased lean muscle, injury prevention, and working with those with pre-existing injuries. I also work with athletes from 10 different sports, from Middle School up to the collegiate levels. I am the Head Coach of the Sports Performance Training, Strength Training for Adults, and Power Up Programs. I also conduct the preseason training for the Edwardsville High School Lady's Basketball and Softball Teams. I have an extensive background at the National/Elite levels. I have been a Head Coach at the High School, Collegiate (D1 & D3) and US National levels.

TRAINING PHILOSOPHY

When working with the General Population: I believe "That a Personal Trainer MUST make a difference" My mission, and primary goal is to help my clients achieve their individual health and fitness goals through developing and administering cutting edge, exciting and effective Personal Training programs.

When training Athletes: To provide athletes with the necessary skills needed to achieve optimal performance. I follow scientifically based Protocols that are on the cutting-edge, and which will enhance the athletes; strength, speed, agility, multidirectional movement patterns, flexibility, postural alignments and dynamic balance, core strength, joint integrity and mobility, working on muscle imbalances and injury prevention.

INTERESTS/HOBBIES

Church, Sports, Golf, Music, Art, & Family

AVAILABILITY

- Monday – Thursday: 11:00am – 2:00pm & 7:30pm – 9:00 pm.
- By appointment