

# TYLER COTTERELL

## CERTIFICATIONS

- NSCA Certified Strength & Conditioning Specialist
- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- USAW Olympic Weight Lifting Coach Level 1
- CPR/AED Certified

## EXPERIENCE

Played 4 years of college baseball at Washington College  
Finished top 10 in career hits and was a 2-year captain  
Assistant Baseball Coach Washington College  
Sports Performance Coach Washington College  
Group Fitness Instructor at Washington College  
Personal Trainer Chesapeake Fitness-Assisted athletes in the rehabilitation of 5 Post-ACL Tears, 3 torn rotator cuffs & several sports hernias  
Personal trained clients with pre-existing chronic lower back pain, low Bone Muscle Density (Osteopenia), shoulder impingement, patella tracking issues, previously torn labrums and cancer survivors.



## BACKGROUND

I have had the opportunity to train over 900 NCAA Division III athletes. In addition to the college athletes I've trained, my private clientele has ranged from a 12-year-old female to a 74-year-old male, with multiple 40 to 60-year-old mothers and fathers mixed in between. The knowledge I have gained through my 4 professional certifications along with my experience, positivity and energetic style of training, will yield the results you are seeking. Regardless of your age, fitness level or previous exercise history, I will perform a comprehensive movement assessment in order to determine your exact level of fitness. Whether your goal is to: increase overall strength, lose fat, build muscle, or achieve "pain free movement"- my individualized programming will allow you to achieve your respective goal- while most importantly keeping you INJURY FREE.

## CONTACT & PRICING:

**Contact Tyler - Call, Text (732) 546-8915**

**or Email [tylercotterell235@gmail.com](mailto:tylercotterell235@gmail.com)**

**1 Session - \$65**

**5 Sessions - \$250**

**10 Sessions - \$450**

Group session rates available upon inquiry

**NORTH BEACH HEALTH CLUB OF CAPE MAY**