

Cory Scharwarth, M.S.

“Train movements, not muscles”



Education:

Master's in Exercise Science- *Eastern Illinois University*

Bachelor's in Exercise Science- *Eastern Illinois University*

Certifications:

Certified Personal Trainer- *American Council on Exercise*

Functional Training Specialist- *American Council on Exercise*

Functional Training Specialist- *Perform Better*

Experience:

Cardiac Rehab Internship- *Sarah Bush Lincoln*

Exercise Specialist Internship- *Sarah Bush Lincoln*

Adult Fitness Program- *Eastern Illinois University*

ATP Lab- *Eastern Illinois University*

Focus:

Functional Training

Movement-based Strength Training

Weight Loss

Muscle Growth

Performance

Special Populations

Group Training

High-intensity Interval Training

Training Philosophy: Cory applies movement-based strength training strategies to a variety of clients ranging from youth to seniors to promote function, improve activities of daily living, enhance body composition, reduce risk for injury, and increase strength & performance. He enjoys teaching clients the basics of exercise technique and progression.