

# CORY SCHARWARTH, M.S.

## 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 helps people move, look and feel better with programming that allows for fewer workouts per week for people with busy schedules. He enjoys teaching clients the basics of exercise technique and progression and explaining the "why" behind exercise programming.



## Education/Experience

- Master's in Exercise Science (EIU)
- Certified Personal Trainer (ACE)
- Functional Training Specialist (ACE & Perform Better)
- Business Breakthrough Certified
- Online Trainer Certified
- Precision Nutrition Level 1 Certified
- Cardiac Rehab & Exercise Specialist Internship (Sarah Bush Lincoln)

## Focus

Functional training · Movement-based strength training · Weight loss ·  
Muscle growth · Performance · Special populations · Group training ·  
High-intensity interval training