

# KYLE SCHARWARTH, B.S.

## Training Philosophy

Kyle concentrates on functional strength training which focuses on moving more, feeling better and living longer. Quality of movement with proper form and technique is a priority in Kyle's instruction; strength is a natural byproduct that leads to enhanced quality of life, pain free movement, and improved ability to perform activities of daily living. Kyle encourages his clients to remember quality over quantity and just move more than you did yesterday.



## Education/Experience

- Bachelor's in Exercise Science (EIU)
- Certified Personal Trainer (ACE)
- Functional Training Specialist (Perform Better)
- Wellness Instructor Internship (Silver Cross Hospital)
- Adult Fitness Program and ATP Lab (EIU)
- Former Personal Trainer at Orland Park Fitness Center
- Former Bootcamp and Pilates Instructor at EIU

## Focus

Weight loss · Strength training · Circuit training · Group training ·  
High-intensity interval training · Muscle growth · Special  
Populations