

# 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

- Bachelors 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