

# Jed Eaton



## Training Philosophy

Jed supports each client uniquely by identifying muscle imbalances and applying strategic exercises and programming to help them reach their goals. Through corrective exercise, he helps clients improve postural malalignment, optimize day-to-day movements, and boost performance. Jed uses a variety of techniques to boost recovery and to encourage his clients to prioritize their bodies. He is a life-long learner who strives to foster a positive relationship with exercise for his clients from youth to all ages.

## Education/Experience

- Certified Personal Trainer (NASM)
- Corrective Exercise Specialist (NASM)
- Youth Free Weight Training Instructor (YMCA)

## Focus

Free weight training • Strength training • Muscle building • Mobility • Postural balance • Flexibility • Self recovery • Weight loss • Corrective exercise • Circuit training •