



Bryan Stevens

Exercise Specialist/Master

Education

- Washington College
B.A. History
- Springfield College
M.S. Exercise Science

Certifications

- NSCA Certified Strength and Conditioning Specialist
- USA Weightlifting Level 1 Sports Performance Coach
- American Red Cross First Aid and CPR/AED Certified

Areas of Specialization

- Strength and Conditioning
- Injury Prevention/Rehabilitation
- Functional Training
- Olympic Lifting
- Sport-Specific Training
- Strength Training
- Circuit Training
- Weight Loss
- Cardiovascular Endurance
- Joint Mobilization
- TRX

Quote

"Growth happens by change, not chance."

Biography

Bryan is originally from the Philadelphia area. He graduated from Washington College in Maryland, where he was also a member of the lacrosse team, with a B.A. in History. After graduation, he continued his competitive edge by competing in Olympic Weightlifting for three years. This pulled him back into college athletics where he became a college strength coach. Realizing that strength and conditioning was where his passions were, he attended Springfield College in Massachusetts where he earned his Master's Degree in Exercise Science with a concentration specifically in strength and conditioning. Bryan currently holds several certifications,

including the NSCA's Certified Strength and Conditioning Specialists as well as USA Weightlifting's Level 1 Sports Performance Coach. With experience coaching athletes from both DI and DIII, he has worked with every sport and athlete, coaching athletes stepping into the weight room for the first time to those who already have years of training under their belt. All of these experiences have led to Bryan's philosophy of taking a holistic, well-rounded approach to training, slow cooking the process by educating his clients with proficient technique and clear, consistent communication.