

Amanda Beard's Bio for web page:

Amanda graduated in 2006 receiving her B.S as an Exercise Specialist from Bowling Green State University. She is also a certified Strength and Conditioning Specialist and has been working directly with athletes for the past 4 years. Before leaving one of the most prestigious performance training centers in North West Ohio as the Associate Director, she gained valuable experience working with athletes of all calibers.

Amanda utilizes medically based evaluations and proven testing procedures to ensure her athletes and clients see the improvements they train for. Her creative style of training promises a fun yet extremely challenging workout every session. She dedicates herself to every client and builds relationships that lead to consistent training practices.

Whether working with sport performance athletes or adult fitness clients, Amanda encourages and pushes each client to their fullest potential, every session. Her goal is to improve athleticism in each of her clients and to obtain their goals.

When she is not training others, Amanda enjoys playing competitive softball, Kettlebell training, cycling, water sports, tennis and spending time outdoors on the Lake.

