



Ed Zimmerman

ACE-CPT

EDUCATION:

High School Diploma
Some college Pre-Dentistry/Chemistry at University of Detroit

CERTIFICATIONS:

ACE Certified Personal Trainer; AED/CPR Certified

AREA OF SPECIALTY:

Weight training, Cardiovascular training, Weight management, Core and stability training, Exercise for individuals wanting to gain strength/lean muscle mass/toning, Exercise for individuals wanting to improve cardiovascular endurance

EXPERIENCE:

Certified Personal Trainer since 2014

TRAINING STYLE/PHILOSOPHY:

Improving others lifestyle through fitness by getting them to realize their potential and then reach "outside the box" to push themselves further. Changing workouts to add variety to each session.

MY PASSION FOR FITNESS COMES FROM:

Watching others achieve their goals, and helping them to do so along the way.

MY FAVORITE EXERCISE /TRAINING TOOL:

Free weights, machines, and TRX bands; Circuit and interval training.

