

# Erin Covey

## Education & Certifications

- BS Kinesiology -
- Exercise and Fitness Management (UCO)
- ACSM C-EP
- NESTA Certified Physique and Figure Training Specialist
- EXOS XFS



## Areas of Specialization

- Strength training
- Weight loss
- Core training
- HIIT
- Body transformation

## Fitness & Health Philosophy

"You can do anything you set your mind to. 'If you can dream it, you can do it.' - Walt Disney."

## Fitness & Health Accomplishments

- Scorcher Half Marathon Finisher
- 2x bikini competitor