Erik Colson

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<https://www.linkedin.com/in/erikcolson/>

**Skills Summary**

A dedicated fitness professional with over eight years of experience in the industry. Areas of concentration include exercise physiology.

**Work Experience**

**Personal Trainer, Pilates Instructor, Alpha Instructor, Kids Group Instructor, Metabolic Tech, Nutrition Coach | LifeTime Fitness |  Plymouth & Maple Grove, MN**

**May 2013 - August 2021**

* Built strong relationships through communication with members, staff, and management.
* Exceled in the results-based culture.
* Flexible, effective, and timely leadership role

**Education**

**Southwest Minnesota State**

• Bachelors of Exercise Science with specialization in Exercise Prescription

**Normandale Community College**

• Associates of Exercise Science

• Associates of Liberal Arts

**National Personal Training Institute**

• 200 Hrs Nutrition

• 200 Hrs Biomechanics

• 200 Hrs Anatomy

• 300 Hrs Kinesiology

* **Certifications**

**Nationally Registered Emergency Medical Technician**

**Red Cross Cardiopulmonary Resuscitation**

**Stop The Bleed through American College Of Surgeons**

**Exercise Physiologist ACSM**

**Personal Trainer (NASM)**

**Personal Trainer (ACTION)**

**USA Weightlifting through United States Olympic and Paralympic Committee**

**Joseph Pilates Contrology Instructor**

**Precision Nutrition**