Erik Colson

Spring Park, MN 55384 |763-486-8274 |  Colson.M.O.B@gmail.com

<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**