

# Erin Covey

## Education & Certifications

- B.S. Exercise Science,  
University of Central Oklahoma
- ACSM EP-C
- EXOS XFS
- NESTA Physique & Figure Training Specialist



## Areas of Specialization

- Strength Training
- Gymnastic-focused mobility specialist
- Circuit and High Intensity Interval Training
- Core Training

## Fitness & Health Philosophy

“I believe that, no matter what, everyone can achieve their goals. As a teacher of mine used to say ‘You gotta wanna.’ If you want it bad enough, you will take the necessary steps to get there. To reach your goals, it’s a slow process. Don’t make it slower by quitting.”

## Fitness & Health Accomplishments

- Amateur fitness competitor
- Former gymnast
- Multiple 5k running events