

Jeremy Seale

Education & Certifications

- B.S. Exercise Science/Fitness Management
University of Central Oklahoma
- NSCA-CPT
- ACSM EP-C
- EXOS XFS



Areas of Specialization

- Strength & Conditioning
- Shoulder rehab/prehab
- Core strengthening/stability
- Foam rolling/mobility
- Body fat loss
- Athletic performance

Fitness & Health Philosophy

“Fitness has changed my life, and it can change yours! Learning how to use our bodies properly and to our fullest potential is key to leading a healthy and enjoyable life. My passion comes from helping people overcome their personal health obstacles, and increasing their enjoyment with their life.”

Fitness & Health Accomplishments

- High School & Collegiate Rower, Oklahoma City University Crew
- Olympic Lifting Team, Oklahoma City University
- Publishing Research Article in the IJES: “The Acute Effects of Self-Myofascial Release of the Rectus Femoris on Vertical Jump”