

Eric Bishop

Education & Certifications

- BS in Exercise Science
- ACSM CPT

Areas of Specialization

- Strength & Conditioning
- Powerlifting
- Corrective Exercise
- Post-Rehab
- Senior Population
- General Population



Fitness & Health Philosophy

“You must endure what most won't, to achieve what most don't. Strength isn't a data point or number, it's an attitude.”

Fitness & Health Accomplishments

- 2012 OCB 3rd Place Novice Bodybuilding, 4th Place Open Tall class
- 2015 NPC Kevin Noble 1st Place Light-Heavyweight Bodybuilding, Novice. 3rd Place Open.
- USAPL 105KG Weight Class 640kg Total
- Spartan Super Finisher