

Jim Broun

Education & Certifications

- BS in Information Systems Management
- NSCA CSCS
- Certified USAW Coach
- Level 2 CrossFit Coach

Areas of Specialization

- Corrective Exercise
- Olympic Weightlifting
- Powerlifting
- Strength & Conditioning

Fitness & Health Philosophy

Movement is the key in fitness, injury prevention (and rehabilitation), and disease prevention. Establish a routine of fitness activity that you can sustain for the rest of your life.

