



Fitness  
Center



# MILT STADERMAN

Sports Performance  
Personal Trainer

## FAVORITE WAY TO MOVE/EXERCISE

Olympic Lifts, Snatch, Clean & Jerks

## FUN FACT

I was a High School and College Pole  
Vaulters (UC)

## WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER?

I enjoy building relationships and being  
part of a client's successes.

## CREDENTIALS:

NASM-PES

USAW Olympic Lift's Coach

TRP-Level 1

First Aide, CPR and AED Certified

Sports Performance  
Mercy Fitness Center

