



Fitness
Center

MILT STADERMAN

Sports Performance Lead,
Coach, and Personal Trainer

FAVORITE WAY TO MOVE/EXERCISE

Olympic lifts, snatch, and clean & jerks

FUN FACT

I was a High School and College Pole
Vaulting (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 Aid, CPR and AED Certified

Sports Performance
Mercy Fitness Center

Mercy