



# Personal Trainer



## Rune Mikkelsen

I have been teaching team fitness since 1996, I have been working as a Personal Trainer for the last 7 years in Europe. I have worked as a Personal Trainer for professional soccer players, American college basketball players, rock musicians, etc. Furthermore I have been involved in the making of a reality show about overweight people struggling to lose weight, a show broadcasted on Danish National TV.

## Philosophy

If one wants to achieve great things with ones mind, the body has to be up for the task too.

## Certifications and Education

- Certified International Body Combat Instructor
- BCRPA Fit Theory (completing)
- BCRPA Weight Training (completing)
- BCRPA Personal Training (completing)
- First Aid & CPR
- Certified international Body Pump Instructor
- Certified International Body Balance/Yoga Instructor

## Client Specialty Focus

- Muscle Gain
- Weight Loss
- Flexibility
- Core Strength
- Cardiovascular Endurance
- Strength Training

**Words of Wisdom** "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." - John F. Kennedy