

# Personal Trainer

## Billy Williams



### EDUCATION/CERTIFICATIONS

Cooper Institute Certified Personal Trainer  
Cooper Institute – Biomechanics of Resistance Training  
Indoor Cycling Instructor  
Group Exercise Leadership  
CPR

### ACCOMPLISHMENTS

2nd place in the state of Texas Master Co-Ed and Master Male Adventure Racing  
20 years experience in Personal Training

### SPECIALTY TRAINING

Sport Specific Training  
Small Apparatus Training