

Alex Parr, MS, CSCS



EDUCATION:

- Master of Science in Exercise Science-
Strength and Conditioning Track
George Washington University
- Bachelor of Science in Finance
University of Maryland

CERTIFICATIONS:

- NSCA-Certified Strength and Conditioning
Specialist
- USA Weightlifting Level 1
- TPI Golf Fitness Level 1
- Active Isolated Stretching Specialist
- NASM PES
- Gray Institute - CAFS

SPECIALTIES:

- Multi-Sport Strength and Conditioning
- Power Development
- Stretching/Mobility
- Basketball, Tennis & Golf Strength
Training



Contact:
aparr@iwp-llc.com

Cory Bergman, MS, CSCS



EDUCATION:

- Master of Science in Sport and Exercise Science–Exercise Physiology Track
University of Central Florida
- Bachelor of Science in Sport and Exercise Science–Human Performance Track
University of Central Florida

CERTIFICATIONS:

- NSCA-Certified Strength and Conditioning Specialist
- Westside Barbell Special Strengths Certified
- Precision Nutrition Level 1 Coach

SPECIALTIES:

- Sport Specific Coaching
- Strength and Conditioning
- Strength and Power Development
- Speed Training
- Agility Training
- Powerlifting
- Olympic Weightlifting
- Bodybuilding
- Mobility

Contact:
cbergman@iwp-llc.com



Arman Badrudeen, CSCS



SPECIALTIES:

- Mixed Martial Arts Strength and Conditioning
- Wrestling Strength and Conditioning
- Brazilian Jiu Jitsu Strength and Conditioning
- Gymnastics Strength and Conditioning
- Powerlifting
- Bodybuilding
- Sport Specific Training
- Mobility
- Injury Prevention

EDUCATION:

- Masters of Science in Kinesiology
University of Central Florida
- Bachelor of Science in Sport and Exercise
Science-Human Performance Track
University of Central Florida

CERTIFICATIONS:

- NSCA-Certified Strength and Conditioning Specialist
- National Academy of Sports Medicine, Certified Personal Trainer
- Total Resistance Exercise (TRX) Level 1 Certification

Contact:

abadrudeen@iwp-llc.com



James Jordan, CSCS



EDUCATION:

- Bachelor of Science in Exercise Science-
Strength and Conditioning Track
UNC Wilmington
- Masters of Science in Kinesiology
University of Central Florida (Graduating
Spring 2023)

CERTIFICATIONS:

- NSCA-Certified Strength and Conditioning
Specialist

SPECIALTIES:

- Multi-Sport Strength and
Conditioning
- Strength Development and
Hypertrophy
- Plyometrics and Power
Development
- Basketball Skills Training



Contact:
jjordan@iwp-llc.com

Gavyn Markham, CSCS



EDUCATION:

- Bachelor of Science in Sports Management
Florida State University

CERTIFICATIONS:

- NSCA- Certified Strength & Conditioning Specialist

SPECIALTIES:

- Multi-Sport Strength & Conditioning
- Youth Athletes
- Baseball Skills & Strength Training
- Functional Movement
- Speed & Agility



Contact:

gmarkham@iwp-llc.com

Cole Sathngam, CSCS

EDUCATION:

- Bachelor of Science in Kinesiology
University of Central Florida

CERTIFICATIONS:

- NSCA- Certified Strength & Conditioning
Specialist

SPECIALTIES:

- Vertical Jump Training
- Power Lifting
- Youth Athletes
- Olympic Weightlifting
- Bodybuilding



Contact:
csathngam@iwp-llc.com

Melissa Franco, PT, DPT, CSCS, AIT



EDUCATION:

- Doctor of Physical Therapy
Florida International University
- Bachelor of Science in Health Sciences-Pre-Clinical Track
University of Central Florida

CERTIFICATIONS:

- NSCA-Certified Strength and Conditioning Specialist
- Adaptive and Inclusive Trainer

SPECIALTIES:

- Injury Prevention and Rehabilitation
- Manual Therapy
- Soft Tissue Mobilization
- Corrective Exercise
- Muscle Scraping
- Recovery
- Functional Mobility
- Sport-Specific Training
- Strength and Conditioning



Contact:
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