



Alex Parr, MS, CSCS



EDUCATION:

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



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

EDUCATION:

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

CERTIFICATIONS:

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







Dynesha Peterson, MS, LAT, ATC



EDUCATION:

- Masters degree in Kinesiology from University of Central Florida
- Bachelors degree in Athletic Training from the University of Miami

CERTIFICATIONS:

- Florida Athletic Training License
- Board of Certification (ATC)
- Red Cross First Aid, CPR/AED Instructor
- BLS First Aid and CPR/AED PRO Certified
- Certified Strength & Conditioning Specialist, expected Spring 2023

SPECIALTIES:

- Table Stretch/Flexibility Sessions
- Manual Release + Mobility Sessions
- Cupping
- Scraping
- Instrument Assisted Soft Tissue Mobilization



Contact: dpeterson@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

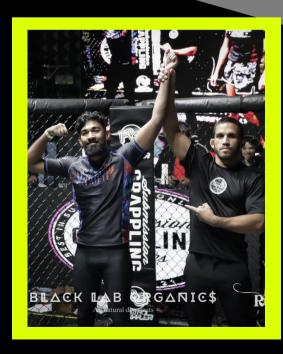
Contact: abadrudeen@iwp-llc.com

EDUCATION:

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







James Jordan, CSCS



EDUCATION:

- Bachelor of Science in Exercise Science– Strength and Conditioning Track from UNC Wilmington
- Masters of Science in Kinesiology from University of Central Florida

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-Ilc.com





Gavyn Markham, CSCS



EDUCATION:

Bachelor of Science in Sports
 Management from 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 from 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