



# COLTON HARMON

## **DEGREES & CERTIFICATIONS**

- ExpertRating Certified Personal Trainer
- Licensed Massage Therapist State of Colorado
- Volunteer at Eaton Fire
- Healing Arts Institute-Massage Therapy
- Front Range Community College EMT-B
- Aims Community College Firefighting Academy

## **SPECIALTIES & AREAS OF EXPERTISE**

- Bodybuilding
- Powerlifting
- College Athlete: Football (2008-2010)
- Sport Specific Strength Training (Exp. In Football)
- Form Focused Training



## **HOBBIES & INTERESTS**

When I have free time, I enjoy working out, fishing, hiking, target shooting ,watching football, and spending time with my family and friends. I have a passion for motivational speakers, and love learning new things about fitness and therapy. I always strive to look for different ways to learn how the body works together as one.

## **TRAINING PHILOSOPHY**

My passion and knowledge with fitness started when I was taking my first steps. My parents owned a gym in Fort Collins until I was 18 years old. What I've been taught and hold as a philosophy for myself is: The weight on the bar doesn't matter, the way you lift the weight is what is going to give you the results and the weight you ultimately desired to lift. Doing this keeps you working out without the risk of injury and in turn gives the results that are desired. It is my profession to help you move more efficiently and feel stronger. With each workout together, my goal is to help every individual obtain the knowledge and skill set to develop a passion for self improvement inside and outside of the gym.