

BILL ACKERMAN

CPT

Certified Personal Trainer



Education & Certifications:

Certified Personal Trainer, Performance Enhancement Specialist
Nike SPARQ certified sports performance coach and SPARQ trainers network
Played Football at Division II West Virginia Wesleyan College, SPARQ and High School Football
Combine Instructor, Precision Nutrition Certified, Local Area High School Football Coach

Specialty:

Weight Loss and management for all populations, Nutritional Counseling for Adults, Athletes, and adolescents, Flexibility Training, High Intensity Athlete Performance Training and conditioning, Speed Power Agility Reaction Quickness Specialist, Vision Training, Combine Preparation, Mental Conditioning and Training

Highlighted Clients:

Helped multitude of clients create a healthy lifestyle in order to lose 50-100 lbs
Trained professional, numerous Division I, II, III athletes in all sports, as well as many local area All State, Metro, County high school sport stand outs, Preseason player of the year in D-I women's lacrosse
All American Women's Lacrosse Players, Members of the USA Womens Lacrosse Team
High school All American Lacrosse Players, Baltimore Sun All Metro Field Hockey Player of the Year
Offensive Player of the year in football Empire 8 athletic conference
Minor League Double A all star infielder

