



# Eikeem Barron

DAC PERSONAL TRAINER

## **SPECIALTIES:**

- Strength Training
- High Intensity Training
- Sports Conditioning

## **ACCOMPLISHMENTS:**

- Exercise Sports Science Degree, Ursinus College
- 4 Years Collegiate Football
- Semi-Pro Football

## **EXPERIENCE:**

- Personal Trainer Since 2008
- Collegiate Football & Track
- Circuit Training

## **PROFESSIONAL AREAS OF INTEREST:**

- Jump Training
- High Intensity Training
- Weight loss

## **PERSONAL AREAS OF INTEREST:**

- Football
- Basketball
- Boxing

*"The first step in making a change is realizing there is a problem." -Anonymous.*