



Sean Dill
ACE Certified Personal Trainer

Specialization:

Body Building
Plyometrics
Weight Training
Weight Loss

Education:

(Current) Major: Health and Human Performance
Minor: Health Promotion

(Future) Attend UW-LaCrosse for a Masters and PhD.
in Physical Therapy

Certifications:

American Council on Exercise Personal Trainer
American Red Cross BBP, AED, and Adult CPR

Experience:

UW-Whitewater

Rec Sports Personal Trainer
Summer 2007 - Present

Weight Room Student Manager
Spring 2008 - Present

Personal Philosophy:

“Having a positive attitude is key!”

I believe my job as a personal trainer is to provide you with the knowledge of how to achieve your goal whether it is weight loss, muscle gain, or have plans to improve your health. I will be there to support and encourage you to stick with it and never give up. I enjoy clients that really want to “get after it”, people that have the drive to reach their goal and like to work hard.”

Interests:

In my free time I like to work out along with doing many outdoor activities: golfing, rock climbing, anything in the water (whitewater rafting, kayaking, jet skiing, boating, skiing etc.) I also enjoy playing pick up sports such as football, baseball, softball, and sand volleyball.