

Brent Locke

(240) 417-1020 • brent@brentlockefitness.com
155 Potomac Passage Way • Oxon Hill, MD 20745

SPECIALTIES

Sports Performance; Personal Training; Strength and Conditioning; Cardiovascular Conditioning; Post-Injury Fitness; Muscle Toning; Weight loss; Flexibility; Nutrition Education

CERTIFICATIONS

- CSCS Certification from the ACSM (Anticipated January 2011)
- NFPT and NASM Personal Training Certifications
- American Heart Association First Aid/CPR/AED Certification

EXPERIENCE

Founder and Head Trainer at Locke-N-Fitness, LLC (2007–Present)

- Managed trainers who provide attentive, customized services and programs for diverse clients.
- Created personalized exercise programs for clients based on their pre-existing health conditions.
- Developed the optimal transition and progression of clients into new, more effective exercises.
- Provided intense, boot camp instruction classes at venues throughout Northern Virginia.

Strength and Conditioning Coach, Athletic Director, Assistant Basketball Coach, Track Coach, and Physical Education and Health Teacher at Friendship-Edison Schools (2003– 2007)

- Created and implemented programs to advance students' fitness goals and track their progress.
- Taught workout routines and demonstrated proper form and technique for optimizing exercise.
- Established and implemented a strength-training program for all sports offered at the school.
- Enhanced the skill levels of basketball team – which became the Division Champ.
- Integrated a comprehensive health curriculum into the classroom for students in grades 6-8.
- Formed and managed interscholastic athletic programs for all students.
- Coordinated and scheduled games for the athletic program and managed coaching staffs.
- Grew relationships with competing schools and sports vendors.

Fitness Manager and Personal Trainer at Washington Sports Club (2002 –2003)

- Grew sales by establishing positive communications with clients and advancing their fitness.
- Increased revenue by signing new clients after educating them on the facility's training packages.
- Optimized clients' fitness programs that incorporated their fitness goals in consideration of pre-existing medical and health conditions.

Rehabilitation Specialist at Optimal Health Chiropractic Sports Medicine Center (2001- 2002)

- Created and led specialized rehabilitation programs for patients with sports injuries.
- Assisted doctors with specific instruction for patients who were recovering from injury.
- Provided treatments such as electric stem and myofascial release to rehabilitate clients.

ADDITIONAL EXPERIENCE

I established and implemented a strength-training program for student athletes and developed methods to teach physical education to children at the K-6 grade level as a Physical Education Teacher/Football and Track Strength Trainer at Waldon Woods Elementary School (1999 –2001) and Long-Term Substitute/Football and Track Strength Trainer for Surrattsville High School (1999).

EDUCATION

B.S. Health and Physical Education from Virginia State University (1998).

References available upon request.