

# Michael Snowden



## **Hometown**

Frederick, MD

## **Certifications/ Education**

- Major: Health, Fitness, and Recreation Resources- Kinesiology (Junior)
- ACE Certified Personal Trainer
- Mad Dogg Spin Instructor Certification

## **Specialization (if any)**

- Circuit Training
- Strength Training
- Endurance Training

## **How do you stay active?**

I stay active by endurance racing including triathlon, mountain biking, and running. I really enjoy circuit training by combining the TRX and kettlebells. Conventional strength training is always a good time.