



EVAN PARKER

**PERSONAL
TRAINER**



Versatile

Evan was born in Arlington, VA. An athlete at heart, he played sports his whole life until a knee injury in 2014 made him take a step in a new direction. Since then, he has found a love for weightlifting and personal training. He is now a certified Personal Trainer through the American College of Sports Medicine.

Evan is pursuing a Master's in Public Policy through the Schar School at Mason. He also enjoys hiking, swimming, going to the gym, and playing sports with his friends.

Evan has knowledge of a wide range of topics such as powerlifting, bodybuilding, weight loss, and sports performance training. Evan's goal is to help each client with their training in a way that feels comfortable to them. To him, the most important part of training is that the individual is having fun, working hard, and staying safe.