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Since 1996, Fitness & Sports Excellerated lead trainer, Sean Robbins, has worked with hundreds of clients of all ages to improve their health, fitness and sports conditioning. Better known as “Coach Sean,” he founded Fitness & Sports Excellerated, LLC (FSE) in 2006 after developing and coaching several collegiate athletes at his alma mater, Ashland University.



Coach Sean specializes in personal fitness for individuals of all ages, and as a speed, strength and conditioning trainer for youth, high school, collegiate and professional athletes. Sean earned a Bachelor of Science in Sports Medicine and Recreation Administration, and minor degrees in Coaching and Religion. He is a National Federation of Professional Trainers certified Master Trainer, with specialist designations in personal training, sports nutrition, weight training and endurance training. Sean is a fitness and agility consultant for the football officials for the NFL, PAC 12, Big 10, MAC, and Missouri Valley Conference. Sean is a former internationally ranked track and field professional athlete including being an alternate for two U.S. Olympic Teams.



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