

Val Strang

Master Trainer and Cancer Exercise Specialist

- **Nationally Recognized Touring Speaker**
- **Among first in the World to be a Nationally Board Certified Personal Trainer**
- **Founder of ROCK. Workout, Inc and Val Strang's Burn Boot Camps, LLC**
- **Master Trainer for LeMond Fitness Academy (Cycle Division)**
- **Cancer Exercise Specialist**
- **Corporate Consultant to Savvis Communications, Ascent Corporation, Delmar Gardens, Major Brands, and others.**

ADVANCED CERTIFICATIONS:

National Board Of Fitness Examiners:

Registered Board Certified Personal Fitness Trainer

Certified by The Cooper Institute:

Master Personal Trainer
Fitness Specialist;
Optimal Performance Training Specialist
Advanced Power Training

Certified by Cancer Exercise Training Institute

Cancer Exercise Specialist

Certified By LeMond Fitness:

Master Trainer and Presenter
RevMaster Advanced Cycle Training
RevMaster Foundational Cycling

By Star Trac:

Star Trac Precision Cycling Instructor

Certified By Reebok University

5 Point Mobility Screen
Core Training

Certified By American Council on Exercise

Group Fitness Instructor

Certified By International Sports Conditioning Association (ISCA)

Kick Boxing Instructor Certification

Certified by IDEA Health and Fitness:

Structural Assessment, Advanced Structural Assessment
Hip and Lower Extremity Function Intensive Assessment
and Strategies
Advanced Training skills for overweight clients

Certified By Aerobics and Fitness Association of America:

Personal Trainer Certification
Aerobic Instructor Certification
Group Exercise Instructor Certification
Mid Life Fitness for Women
Weight Training Certification
Kick Boxing Instructor
Mat Science I and II
Advanced Resistance Trainer / Body Composition

Certified By International Fitness Professionals Association:

Personal Fitness Trainer
Advanced Personal Trainer
Sports Nutrition
Pregnancy and Post-pregnancy Training Specialist

Certified By FiTOUR

Pilates Mat Instructor

Certified By The National Rifle Association

Refuse To Be A Victim ® Certified Instructor

PROFESSIONAL MEMBERSHIPS

IDEA Health & Fitness Association
National Board of Fitness Examiners (NBFE)
American Association of Personal Trainers (AAPT)

PROFESSIONAL EXPERIENCE

- Independent Personal Trainer for Over 14 Years
- Consultant/Trainer for the Wellness Community – Cancer Community Charity
- Consultant/Presenter for Lance Armstrong Foundation – pilot program
- Boot Camp Specialist/Trainer for Indoor and Outdoor Boot Camps
- Family FitCamp Founder and Trainer for Outdoor Family FitCamps
- Head Trainer at an all Women’s Club for 3.5 Years
- Group Fitness Instructor for Over 14 years
- International Presentations and Certification Workshops for LeMond Fitness
- Lectures and Workshops held for Physical Therapist Conference in Houston,
- Life Fitness Management Conference, Weight Loss Groups, Elementary and High Schools, and Women’s Organizations
- Trains ALL Individuals with Special Needs - Joint Replacements, Cancer Survivors, Back Issues, Deaf, Blind, MS, and Cerebral Palsy
- Past Committee Member Charity Spinning Event for Breast Cancer Awareness
- Participant/Team Leader In Numerous Charities Including: MS Walk, Cancer Walk, Christmas For Shepherd School (Local), Hodgkin’s Walk

FEATURED ON THE FOLLOWING TELEVISION NETWORKS

KTVI FOX Channel 2
KSDK-TV Channel 5
KDNL - ABC Channel 30

FEATURED IN THE FOLLOWING PUBLICATIONS

St. Louis Post Dispatch
St. Louis Suburban Journals (Past Contributing Writer)
Alive Magazine

Time to Rock!!

“For the healthy individual, the benefits of exercise are feeling and looking healthy, lean and fit. Strengths gained with being consistent in a proper training program shows in every aspect of life! Attitudes change – confidence increases – energy rockets!”

“The greatest potential benefit of exercise in people with chronic issues, disease or disabilities is the ability to preserve one’s freedom, independence, and functional capacity. Exercise has been scientifically proven to aid (physically and mentally) in the treatment of cancer and other chronic issues. Take charge – get stronger – make a difference in your life!”

Val Strang