

# Connie Elsbury



## QUALIFICATIONS

- Bachelor of Science in Exercise Science, MSU Denver
- Bachelor of Business Administration, Iowa State University
- ACE Certified Personal Trainer
- ACE Functional Training Specialist
- Theragun Performance Specialist

## SPECIALTIES

- Postural and Movement Screens
- Strength Training
- Percussive Therapy
- Working with physically impaired

## Why Her Approach is Effective

- Develops workouts for each individual's goals
- Proficient in adapting exercises for each person's fitness level

## Favorite Exercises

- Push-ups
- Body-weight squats
- Bicep curls and Triceps kickbacks
- HIIT workouts