



I enjoy using my experience and knowledge to help individuals achieve health and fitness goals, live a healthy lifestyle, and train for sports and activities.



Ryan McGrath

Personal Trainer

Education:

M.S. Kinesiology; University of North Dakota

B.A. Health and Physical Education;
Jamestown College (N.D.)

Certifications:

- Certified Health and Physical Education teacher (K-12)
- NSCA

Professional Experience

- Biomechanics and Motor Learning instructor at the University of North Dakota
- Assistant strength and conditioning coordinator for Jamestown College.
- Assistant football coach for Jamestown College.
- Assistant strength and conditioning coordinator for the University of North Dakota (volunteer).
- Director of strength and conditioning for Jamestown Public Schools.

Specialties:

- Sports specific training/ strength and conditioning
- resistance training, core conditioning,
- injury prevention/recovery
- fitness and wellness, weight management
- increasing muscle mass