

MARSHALL CORBIN



MEET THE TRAINER

My experience with strength-training began when I started middle school sports. My mom was a program director at my hometown YMCA. I thought of it as a second home growing up; spending countless hours on the basketball court. I was heavily invested in becoming the best athlete I could be, and I knew strength training could help me reach that goal. Through the guidance of my coaches' training programs, I became even more interested in how lifting weights could enhance athletic performance. Following college graduation, I became a Certified Strength & Conditioning Specialist and later completed Physical Therapy School. I've been a part-time trainer at the YMCA ever since.

EDUCATION

Certified Strength & Conditioning Specialist

Doctor of Physical Therapy
University of Missouri

CONTACT

Jake Katnik

Health & Wellness Director
(573) 657-9622 ext. 303

IDEAL CLIENT

Middle school through college-aged athletes as well as active adults with fitness and performance goals; clients wishing to improve their longevity and quality of life with exercise.

TRAINING PHILOSOPHY

My approach is educating clients on the "WHY" behind their training and how it fits with their goals.

SUPPLEMENT RECOMMENDATION

Protein for recovery.

