



DEVON TYZNIK

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- NASM Woman's Fitness Specialist
- NASM Nutrition Coach
- CPR/AED

Hometown:

East of Eau Claire, WI

About Me:

I grew up in a small town east of Eau Claire with limited resources at the high school I attended. I was introduced to lifting to better my performance on and off the field.

We had a small weight room that was overcrowded during training sessions. It was very intimidating for me during these times because of the unfamiliarity of weight training. Due to lack of guidance and instruction, we fumbled through prescribed workouts without much improvement.

Months later I was back in the gym, same results, but I was beginning to understand the basics of weight and strength training. It wasn't exceptional training but it was what I knew and understood.

About Me Continued:

In 2014, an older friend dragged me to Gold's Gym. I was reluctant given my history but managed through the workout. I developed a passion for fitness that led to a pursuit of an education in physical sciences to better understand movement technique, human limitations and concepts for improving all three.

Education:

Bachelors in Exercise Science

Internships:

- Twin Cities Orthopedics (250 Hours)
- Training Haus- Stillwater (150 Hours)