

Mikey Kasen

Introduction

I have been working out ever since I can remember. About 15 years ago I was looking for a way to amp up my workouts and I stumbled upon a cardio kickboxing class at a local karate school. The master persuaded me to take up karate and I went on to earn my black belt a few years later. I believe in making exercise something you WANT to do, not something you feel you HAVE to do.

Qualifications

- AFTA Certified Personal Trainer
- AFTA Certified Youth/Adolescent Fitness Trainer
- Black Belt- World Martial Arts Ranking Association
- Certification in Female Body Sculpting
- Certification in Nonlinear Periodization Training
- American Red Cross CPR/AED and First Aid Certified

Experience:

I have worked at fitness locations and taught private sessions as a personal trainer since 2007. I managed my karate school for many years, motivating students and facilitating group kickboxing classes. I have been a member of the United States Karate Team since 2005 and won a gold medal at the WKU World Championships in Greece in 2013.

Specialties

I love working with all body types and fitness levels. I incorporate boxing drills as a different style of cardio workout and strive to shock one's body through muscle confusion in order to prevent plateauing. I encourage my clients and continually work towards customizing a program that is specifically for them. I will help you find what is going to motivate you and make you the best you can be!

