

Skip Habilitz

Introduction

I have been involved in weight training since I was 18 years old. I got involved in competitive power lifting and body building as a way to lead healthy lifestyle. I am now into my third career as a Personal Trainer, having retired from management positions from the Air Force as a Lt. Col., and from Hughes Space and Communications. I became a personal trainer as a way to share my passion for healthy lifestyles with others.



Qualifications

- National Strength and Conditioning Association (NSCA) Certified Personal Trainer
- Bachelor of Science in Business Administration, University of Maryland
- Masters in Management, Central Michigan University

Experience

I became certified as a Personal Trainer by the National Strength and Conditioning Association (NSCA) in 2002. I continued my education with certification as a Golf Fitness Instructor. In addition, I have written articles, lectured, and given workshops on "Staying Healthy through Grief" around the country

Specialties

My specialties include bodybuilding using the high intensity training (H.I.T) program, strength training, cardiovascular training programs and golf specific programs. I use the concept of circuit training and progressive overload to maximize each workout along with an emphasis on cardiovascular fitness, flexibility and nutrition. I believe that clients should continue to get stronger with every session.