

Mark Rohrbaugh

Introduction:

As an ex-collegiate athlete, my passion for sports and coaching my son's baseball team led me into personal training. I have lived in Loudoun County since 2006 with my wife Kate, and we have an 11 year old son named Luke. We raise chickens and maintain a large vegetable garden and to grow much of our own food in the summer. Growing up in West Virginia, I competed in many sports including baseball, track and field, football, wrestling and basketball. I played baseball throughout my youth and continued playing into college. In track and field I competed in the Secondary School State Championships in three events and finished as high as third.



Qualifications:

- Certified Personal Trainer (American Council on Exercise)
- Fitness Nutrition Specialist (ACE)
- 15+ years of athletic competition and training
- 5 years youth coaching and training
- Bachelors in Business Administration, Strayer University

Experience:

I played 17 years of baseball, did thousands of drills, pitched in more than 100 games, and faced over 1,000 batters. I started coaching T-Ball in 2012 with my son and have attended many training seminars on working with youth and keeping them injury free. I have continued with this work and I am excited to transfer my knowledge of several different sports, and to share what I have learned about keeping healthy and strong to young athletes. In addition to working with youth, I have experience training retirees, disabled, and middle aged adults.

Specialties:

I specialize in injury prevention, working with youth, and working with working adults with time limitations. I believe in full body functional exercises for all my clients. I follow a philosophy of movement and function to create the most effective, convenient and engaging workouts that are functional to your needs at any age.