



Total Woman

FITNESS

by *Kaho* Athletic Club

Susie Orme

Qualifications:

NSCA Certified Strength and Conditioning Specialist

NASM Certified Personal Trainer

ACE Certified Personal Trainer

ACE Certified Group Fitness Instructor

The Pilates Coach Certified Instructor

Baby Boot Camp Certified Instructor

24 Hour Fitness Certified Instructor

CPR/AED Certified



After years of training in classical and modern dance, Susie discovered her passion for functional strength training and conditioning after witnessing her own physical and mental transformations through proper resistance and cardiorespiratory exercise. An avid fan of the outdoors and recreational activities, Susie decided to become a certified personal trainer following the rehabilitation of a sports related injury. After graduating with a Spanish Major, Susie chose to make her passion a career by furthering her qualifications to include group exercise and fitness specialist certifications. As a Certified Strength and Conditioning Specialist, the "gold seal" of fitness certifications, Susie is authorized to conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs, and provide guidance regarding nutrition and injury prevention. Since receiving her accreditations, Susie regularly continues her education by attending conferences and clinics on the latest practices and drills in areas of functional training and group fitness. Susie has made it her mission to help others reach their health and fitness goals whether that is an improved quality of life, weight management, sport-specific training, injury prevention, or body sculpting. As a group fitness coordinator and instructor at Total Woman Fitness, Susie has enjoyed the wonderful opportunity to make new friends while inspiring and motivating women to achieve their aspirations.

Fit Pro Motto:

"Strength does not come from physical capacity.
It comes from an indomitable will."

- *Mahatma Gandhi*