



METROWEST YMCA

Personal Trainer: NICK LANGEN

EDUCATION & CERTIFICATIONS:

NASM Personal training and Nutrition Coach certified, CPR, First aid, AED certified, Bard College Written Arts Degree.

EXPERIENCE:

4 years of training circus athletes and college students for strength and conditioning, 1 year of in-home personal training experience, and 1 year of training individuals through the MetroWest YMCA.

AREAS OF EXPERTISE:

Bodybuilding, Powerlifting, Strength training in general.

PHILOSOPHY:

I'm a fan of simplicity, humor, and developing a connection to the body on a deeper level than something that carries around our brain from place to place. Exercise as a form of physical meditation and self expression. Fitness is wildly dependent upon the individual, and no two people conceptualize even "the gym" as the same. That having been said, most of the exercises I select and program belong to the category of resistance training using machines and free weights, the intensity of which is gradually increased over the course of several weeks in accordance to the individual's preferences and goals. I think we live in a time when an absolute deluge of information regarding health and fitness has rendered the gym overwhelming, and I'd like to make it accessible, not to mention enjoyable.



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HISTORY/ BACKGROUND:

Several friends and I started working out in college that I fell in love with the sport of bodybuilding. That small club blossomed into a well known fixture on campus, and I was recruited as an instructor to help strengthen circus performers, and was invited on as my own act as well. Since then, it's been years of research, trial and error, a global pandemic, certifications, coursework, and now, a career as a personal trainer.

ACTIVITIES/ HOBBIES/ INTEREST:

Working out, Horror movies, video games, dungeons and dragons, weird fiction writing, rock climbing, tarot/astrology, cooking, photography, and more!

SOMETHING PEOPLE DON'T KNOW ABOUT ME:

1.) I have a webbed toe 2.) I used to play the saxophone 3.) My middle name is Carl 4.) One of my family pets was a piranha.

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)