

## **Sean Waxman**

**Sean Waxman** received his Bachelors of Science in Physical Education from Cortland State and did his graduate work in Exercise Science with a concentration in biomechanics at Long Beach State.

Sean's training methodologies and ability to make complex movement skills seem simple have made him one of the most sought after coaches and lecturers in the country. Throughout the past twelve years, he has worked with many NHL, IHL, AVP, FIVB, NBA, Mixed Martial Artists, Olympic, collegiate and high school athletes.

Sean is a member, lecturer, and Certified Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association. He is also a former U.S.A National Team Member, national medal winner, five-time California State champion and current coach with U.S.A Weightlifting. He is now a contributing writer to Muscle and Fitness magazine with a monthly column titled Power and Strength.