



# Daniel Williams

After growing up in the Orlando, Florida area, Daniel moved south to pursue his education at Florida Atlantic University. There he earned his Master's degree in Exercise Physiology and taught classes on Exercise Testing, including cardiovascular fitness. As a certified Strength and Conditioning Specialist, Daniel specializes in strength and sport specific training, which he also implements in his personal life for powerlifting. Daniel's mission as a fitness professional is to help others enjoy the process of achieving their goals and becoming the best version of themselves, both physically and mentally.

## Education and Certifications

- B.S.E. Exercise Science and Health Promotion
- M.S. Exercise Physiology
- NSCA Certified Strength and Conditioning Specialist
- AFAA Certified Group Fitness Instructor

## Specialties

Personal Training  
Health & Wellness Promotion

## Experience

2 years – Graduate Assistant at FAU, teaching Exercise Testing  
2 years – Fitness Supervisor and Instructor, The Breakers Palm Beach  
3 months – Internship at The Miami Project to Cure Paralysis  
5 years – Personal Trainer for private clients

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