

Personal Training with

Noah
Espenshade



Education/Certifications

- Doctor of Physical Therapy
- B.S. in Exercise Science
- NSCA Certified Strength & Conditioning Specialist
- EXOS Performance Specialist

Training Philosophy

Train hard. Train smart. Compete at your best.

Interests

You will find me training for triathlons, cooking, walking & hiking with my wife and dog.

To compete at your best, you need to train at your best. I believe in training hard and training smart with a program tailored to your individual goals and needs. Drawing on my experience as strength and conditioning coach and physical therapist, I create individualized, evidence-based training programs designed to improve performance, build resilience, and reduce injury risk. Whether you're a middle or high school athlete, collegiate athlete, weekend warrior, or fitness enthusiast, my goal is to help you get stronger, move better, run faster, jump higher, and perform at your highest level.