

A portrait of a man with a beard and mustache, wearing a grey t-shirt, with his arms crossed. The background is orange.

BLAKE SHARP PERSONAL TRAINER



BLAKE SHARP

Certified Personal Trainer

Certified Exercise Recovery Specialist

About You:

I focus on helping clients recover effectively, prevent injuries, and optimize performance. Whether you're overcoming an injury, looking to enhance your athletic skills, or aiming to build a stronger, healthier body, I provide tailored programs that prioritize safe, effective training.

Certifications:

- Personal Training
- Corrective Exercise
- Nutrition
- Strength and Conditioning

Areas of Expertise:

A holistic approach that includes exercise, recovery, and nutrition, I am committed to helping clients achieve their fitness goals and maintain lifelong well-being.

MENOMONIE EAST & SOUTH YMCA