



COLTON MILLER

ABOUT ME

I have just started my personal training career and I am extremely excited to be doing so at the YMCA. I am from Minot, ND and graduated from Des Lacs- Burlington HS. I also graduated from Minot State University with a major in Corporate Fitness and Wellness Management. I have been the DLB girls wrestling head coach since 2021. Coaching and training people is my passion and I simply love every aspect of both. Outside of coaching and training I am a big fisherman, camper, and golfer. My dad also does dirt track racing which has been our family thing forever.

SPECIALIZATIONS

- Strength Training
- Injury Rehab/Prevention
- Sports Training

CERTIFICATIONS

- NSCA Personal Training
- CPR & First Aid Certified
- ND Coaching Certified

BIGGEST RESULT WITH A CLIENT

During my first two years coaching wrestling I had a girl with very bad ankles and I worked with her through her injury, we got her healthy and ready to wrestle with no pain. She eventually became a 2x state champion.

MY TRAINING STYLE

My goal as a personal trainer is to find the best and most enjoyable way for you to meet your goals. I have a big focus on injury prevention and rehab because the most important thing to me is being healthy and able to do whatever you want to do in life.

FAVORITE WORKOUT

Workouts with bands and kettlebells

**“Discipline is the bridge
between goals and
accomplishments”
– Jim Rohn**

MY Y STORY

I'm from Minot so I've been involved with the Y since I was little from Y Camp to YMCA kids Football and now I can give back to the Y and its community through Personal training.