



AUSTIN WILSON

LV2 PERSONAL TRAINER

FUN FACT:

I am a huge Saints fan! I have a 105lb German Shepherd named Zeus, and my favorite cheat meal is pizza and ice cream!

Education:

Bachelor's of Science in Nursing
Minor: Nutrition

Certifications:

NASM-CPT
ACLS, BLS-CPR & AED

Favorite Exercise(s):

Heavy compound lifts, super-sets with explosion work, and balance training.

Contact:

Austin.Wilson@ochsner.org

EXPERIENCE:

- 5 years as a Registered Nurse working in ICU.
- Over a decade of experience in health and fitness as a personal trainer and coach.

Specialties:

- Weight loss
- Strength training
- Functional movement training
- Muscle hypertrophy
- HIIT work