



MATT ANDRY

LV2 PERSONAL TRAINER

FUN FACT:

I played football in college and have pretty sweet dance moves.

Education:

B.S. Sport and Exercise Science,
Gannon University
M.S. Sport and Exercise Science,
Gannon University

Certifications:

NSCA-C.S.C.S.
AHA-CPR/AED

Favorite exercise(s):

Power Cleans, Squat, and
Bench Press

Contact:

matthew.andry@ochsner.org

EXPERIENCE:

- *Head Strength and Conditioning Coach, Edinboro University of Pennsylvania (2 years)*
- *Head Strength and Conditioning Coach, Gannon University (Erie,PA) Baseball*

Specialties:

- Strength and Endurance
- Injury Prevention
- Athletic Performance
- Flexibility and Mobility
- Weight Loss

Sport(s):

- Football
- Baseball