About me....

- Certified as a Strength and Conditioning Specialist through the NSCA and a Level 1 Sports Performance Coach with USA Weightlifting.
- Teach and Coach at the High School (2012-today)
- Sgt. in the Marines (2005-2010)
- Founding member of UTSA Roadrunner Powerlifting (2001).
- Have competed in numerous lifting and running events from high school through college.
- Currently loves to participate in the Spartan Races

Usaw Sport Performance Coach Manual

Jiyuan Zhang

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