



Biography

Ronnie Hinton

Ronnie Hinton has 18 years of experience in the Sports Performance and Strength & Conditioning fields to include rehabilitation practice. He works as a Strength & Conditioning Coach who trains athletes and individuals at all levels while supporting the recovery process for any acute or chronic injuries.

He grew up in Boston, Massachusetts and attended Tufts University, where he played football as a wide receiver and earned his Bachelor's degree in Occupational Therapy. After graduation, he practiced rehabilitation as an Occupational Therapist and Physical Therapist Assistant in Braintree, Massachusetts. He also pursued his passion for football and participated in a tryout for the New York Dragons Arena Football Team.

It was during this period of his career that he discovered his real calling was back in the rehabilitation field helping individuals with physical therapy treatments and muscle activation techniques. He then came to the realization that he gained even more satisfaction taking individuals to higher levels of physical fitness, mental focus, injury prevention awareness, and proper body control while performing various exercises.

This led Ronnie to further his education by becoming certified in numerous programs to enhance his ability to help others who are also interested in achieving higher fitness levels. He holds accredited certifications in the following specialties:

- Specialist in Sports Conditioning and Specialist in Strength & Conditioning (International Sports Science Association)
- Certified Strength and Conditioning Specialist Coach (National Strength & Conditioning Association)
- Certified First Responder Emergency Medical Technician-Basic (EMT-B)
- Certified VertiMax Instructor/Coach
- USA-Powerlifting (Level 1 Certified)
- National Association of Speed & Explosion-Certified Speed Specialist (NASE-CSS)

Ronnie has also worked with the National Football League (NFL) training professional athletes in Tampa Bay, Florida, as well as, coaching and training many other professional and collegiate athletes using sports performance techniques. He is currently pursuing his Master's degree in Sports Management. His passion is to educate and coach up all individuals to new levels with injury prevention and strength and conditioning training.

Ronnie enjoys mountain bike racing and sports performance training. He loves challenging himself and pushing his limits with competitive activities. His top priority in life is to keep the mind and body renewed with innovative training techniques.



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