

Lance Maxwell

Home Town:

Racine, Wisconsin

Education/Certifications:

- Grandview University B.A. in Health Promotions Management
- Student Strength and Conditioning Coach for Track and Cross Country

Achievements:

- Collegiate All-American in Track and Field
- Four- time Conference Field Athlete of the Year
- 17 time All-Conference performer in Track and Field
- 13 time National qualifier in Track and Field
- Multiple school records
- On four conference title teams between track and football
- Team captain multiple years



Availability:

Sunday thru Thursday after 3pm
Friday and Saturday any time

How did you get started with Health and Fitness? What drew you in?

I've been around sports my whole life, so it was just natural to me stick around in this field. I love passing information that I have received or been taught to other people and vice versa. Just knowing if you train a certain or fix a certain motion that it would help you become a better or athlete was amazing to me. The biggest thing to me is realizing the correlation between your mind and body. You can be the biggest, the strongest, or fastest person around but until you can develop a mentally sharp mind you are not reaching your potential.

Favorite Exercise and/or workout style:

My favorite exercise is the hang clean. I love how explosive you are when you do that lift. My favorite workout style is circuit training.

Your Promise/Mentality:

My promise to whoever I train I will push you to be the best person that you can be physically, mentally and emotionally. I will hold you accountable just like I expect you to hold me accountable. We are in this together as a team and we will get it done as a team.

Favorite Quote:

I have two quotes: Be humble enough to be coachable, but confident enough to dominate your position.
The only one who can tell you "you can't" is you and YOU don't have to listen