



# How to be a Fitness Badass: Cross-Training for Elite Athletes

*Jacob C Howell*

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## **How to be a Fitness Badass: Cross-Training for Elite Athletes** Jacob C Howell

Jacob Howell is an Award Winning Fitness Trainer and Strength Coach who has been recognized for his work with high school, college, and professional athletes for the past over 15 years. A former member of the St. Louis Cardinals organization strength staff and has a Natural World Fitness champion, Howell believes in hard work. His passion in helping athletes bring out the best in them through tough work and training is what motivates him. As a Texas high school coach well known for helping his athletes to develop in speed, strength, and total athletic performance, he brings innovative techniques; especially to under privileged athletes in South Texas. Howell has helped many high school athletes achieve their dreams to become collegiate athletes. Howell holds a Master's degree of Science in Kinesiology and Health Education with emphasis in Human Performance from the University of Texas Pan American. He is a certified Strength and Conditioning Coach through the CSCCa completed at the University of Texas Austin. He has studied and worked under legendary Strength and Conditioning coaches Todd Stroud and Jon Jost at Florida State university, both former Strength Coaches of the Year, Coach D. Maib and Jeff "Maddog" Madden at the University of Texas Austin and President of CSCCa.

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