



INTRODUCING

Andrew Doran **Human Performance &** **Recovery Coach**



I help people move better, build strength, and recover smarter. My approach integrates strength and conditioning, personal training, and hands-on recovery to support long-term performance and reduce injury risk. Each session is purposeful, individualized, and designed to carry over into daily life and training. Whether your goal is improved fitness, reduced pain, or better recovery, I help you perform at your best.

EDUCATION & CERTIFICATIONS

- Strength & Conditioning Coach
- Certified Personal Trainer
- Licensed Massage Therapist
- Group Fitness Instructor

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com