



INTRODUCING

Nicole Spitzack

Trainer



I have over 20 years experience helping people achieve a healthier lifestyle. I am a 3-time CrossFit Military Affiliate Manager; Founder and 7 Year CrossFit SolaFide Affiliate Owner. I have over 15 years experience as a Sponsored Athlete with *Optimum Nutrition, Power Systems, and Promera Health*. I have personally competed; as well as trained many clients to compete; within a variety of sports to include NPC, The Arnold, Tri Fitness, CrossFit, Spartans, Marathons, Triathlons, Half Iron Man, Hyrox, Best Ranger, Sandhurst, Norwegian March and multiple other Military Events. I have Trained/Coached a diverse group of people and dedicated my life to empowering individuals to demand more from themselves.

EDUCATION & CERTIFICATIONS

- Western Kentucky University
- FNTF
- CFLV 2
- NSCA-TASC
- ACE
- USAW LV2
- CF Endurance
- CF Gymnastics
- CF Kettlebell
- CF Olympic Weightlifting

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

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