

Casey Sines

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COACHING

Aaptiv, Audio & Video — Running, Strength, Cycling, & Rowing

November 2019 - Present

Coaching outdoor running, treadmill, rowing, strength training, cycling, and recovery for an audio based fitness app (over 200 classes). Workouts include:

- On Demand Video: bodyweight strength training
- Running: treadmill, endurance, tempo, intervals, and sprints
- Rowing: intervals and endurance
- Strength: bodyweight and dumbbell
- Cycling: intervals and endurance
- Recovery: stretch and meditation

FitXR, Virtual Reality Audio — Boxing & Combat

May 2023 - Present

Scripting, voice over, and coaching classes in virtual reality. Classes include:

- Boxing: beginner - advanced
- Combat: beginner - advanced
- Instructional "How Tos"

Treo Wellness, Video & On Demand — Treadmill, Strength, & Elliptical

April 2023 - Current

Coaching on demand treadmill, strength, and elliptical. Classes include:

- Beginner-advanced running, including a 10 part progressive series
- 20-40 minute strength workouts
- 20-40 minute elliptical and ascent trainer workouts

Equinox, In Person Group Fitness — Treadmill, Strength, & Conditioning

November 2022 - Present

Coaching group fitness running, strength, and agility classes, including:

- Precision Run & Walk
- Signature classes: MetCon3, Stronger, Circuit Breaker

iFit (NordicTrack), Live Video & On Demand — Treadmill, Strength, & Rowing

February 2021 - March 2023

Coached live treadmill and on demand rowing workouts for the iFit interactive experience on NordicTrack equipment. Classes included:

- Beginner, intermediate, and advanced running and walking
- Advanced endurance and intermediate/beginner rowing
- Live 2k run on location in Boston

TRX, Video & On Demand — Strength & Conditioning

February 2021 - December 2022

Coached video classes for the TRX app and on demand. Workouts included:

- TRX for runners program
- Recovery, cooldown, and functional training
- Bodyweight strength and conditioning for all levels

CERTIFICATIONS

- NASM PT (2019)
- Group Exercise
- Running
- Rowing
- TRX Suspension Training
- Cycling
- Rip Trainer
- CPR/AED

ATHLETIC SKILLS

- Former Division 1 volleyball
- Collegiate intramural basketball
- Pickleball
- Rowing
- Running
- Boxing
- Weightlifting
- Tennis
- Golf
- Football
- Softball
- Downhill skiing
- Cycling
- Obstacle Course Racing

DEGREES

- **Butler University:**
Marketing & Digital
Media Production

WEBSITE

Caseysines.com

ADDITIONAL COACHING

- Planet Fitness
 - 10 beginner strength
- Row House
 - In person (3/21-8/22)
- Fabletics
 - 10 classes for runners
- Dash Run Studio
 - In person (7/19-9/20)