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HEALTH & WELLNESS



Pain Free Day
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Through Exercise (the right kind)

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EPISODE ON DEMAND

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Tissue damage does not equal pain. In this episode I talk with Brett Jones. Brett is a Senior Kettle Bell Instructor. Brett Jones is a Certified Athletic Trainer and Strength and Conditioning Specialist based in Pittsburgh, PA. I started working with Brett almost 17 years ago, he trained me in kettle bells. He is so much more than a strength and conditioning specialist. Brett is currently the Director of Education for StrongFirst and presenter and advisory board member for Functional Movement Systems. As an Athletic Trainer who has transitioned into the fitness industry, Brett has taught kettle

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Featured Guest

Guest Image

Brett Jones MS, ATC, CSCS

Brett Jones is a Certified Athletic Trainer and Strength and Conditioning Specialist based in Pittsburgh, PA. Mr. Jones holds a Bachelor of Science in Sports Medicine, a Master of Science in Rehabilitative Sciences, and is a Certified Strength and Conditioning Specialist from the NSCA. Brett is currently the Director of Education for StrongFirst and presenter and advisory board member for Functional Movement Systems. With over 25 years of experience, Brett has been sought out to consult with professional teams and athletes, as well as present throughout the United States and internationally. As an Athletic Trainer who has transitioned into the fitness industry, Brett has taught kettlebell

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