

OAKLAND ATHLETIC CLUB



Eric Stockmann

NASM, CPT, Apex Nutritional Fit Pro, EMT and Paramedic License, American Red Cross CPR/First Aid/AED

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OAC Personal Trainer Since: 2008

Bio: Eric trained at an elite health club in Branford, CT for three years specializing in functional exercise with the focus on stability, strength, and power (plyometrics). He has worked with all types of clients in various age ranges helping them overcome limitations and obtain goals such as weight loss or flexibility. Eric is experienced in dealing with rehabilitation from various knee injuries including personal recovery from two ACL reconstructions.

During his free time, Eric enjoys mountain biking, snowboarding, running, and surfing. He has also played club level beach volleyball in Santa Barbara, CA during college, and has served as an assistant coach for the girls' varsity volleyball team.

Eric has been a Birmingham resident for 12 years. You may recognize Eric, as he was a previous member of OAC starting the day the doors opened in March of '96. His energy and positive attitude, combined with his varied experience, shows that he is a natural to work with individuals of any age and fitness level.

Certification(s): Eric has been certified through the National Academy of Sports Medicine since 2002. He is Apex Nutritional Fit Pro certified as well as CPR / AED certified by the American Red Cross.

Training Specialities: Eric specializes in functional exercise with the focus on stability, strength, and power (plyometrics). Improving flexibility and stabilization and weight loss solutions including posture improvements as well as post-rehabilitation knee recovery.