

Kevin Larrabee

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<http://KevinLarrabee.com>

<http://FitCast.Network>

EXPERIENCE

Allied Strength, AlliedStrength.com — *Founder*
and Head Coach

November 2017 - PRESENT

Founder and head coach of a local fitness facility working with a wide demographic from athletes to adults.

Mike Boyle Strength and Conditioning, Woburn, MA —
Strength Coach, Educational Content Producer, Educator

October 2009 - PRESENT

Help a wide demographic reach their fitness and performance goals from middle school athletes to the elderly population. Launched and managed multiple continuing education businesses.

Certified Functional Strength Coach, Woburn, MA —
Co-Founder, Head of Content and Production, Educator, Partner Relations

October 2014 - PRESENT

Co-founded one of the fastest growing certifications in the fitness industry. Produced, filmed and edited all video content, wrote Level 1/2 manuals, handle organizing and scheduling of events and customer support. Managed international partnerships.

The FitCast Podcast, FitCast.Network —
Creator/Host/Producer

April 2006 - PRESENT

Produce, edit and host one of the most popular fitness podcasts. Interviewed some of the most influential people in the fitness industry. Over 480 episodes produced with 15,000+ weekly listeners. Named Best Fitness Podcast by Men's Health Magazine in 2015.

EDUCATION

Keene State College, Keene, NH — *BS, Health Science*

August 2004 - September 2008

SKILLS

Certified S&C Specialist (CSCS) through NSCA

12+ years coaching athletes and general population

Video editing with Adobe Premiere/Final Cut X. 100s of hours of video produced

Extensive experience with audio editing in Adobe Premiere and Audacity

11+ years of experience presenting and interviewing

Podcast production with over 500 episodes produced

Management of staff and organizing events and projects

Passions

Collaborating with others to create the best possible version of whatever we are working on.

Improving the lives of others through fitness

Producing content and sharing stories of creators and experts from various fields.

The latest trends in technology and innovation.