



# JEFF HARLAN

250 Greater Butler Mart Butler, PA 16001

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## EXPERIENCE

### Harlan's Elite Fitness LLC • Present

- \* Owner Operator

### Harlan's Personal Training HPT • 1995 – Present

- \* Owner Operator

### Harlan's Superior Whey Protein • 2013 - Present

- \* Co Owner

### Alexander's Athletic Club • 2011 - 2012

- \* Management

### Alexander's Athletic Club • 2005 – 2008

- \* Manager of the personal training department

### Director of "Fitness for Kids" • 2003 – 2006

- \* Summer camp for overweight children

### Co-owner of J&M Fitness • 2000 – 2007

### Guest Trainers of the Pittsburgh Marathon • 2009

### BC3 W. I. T. S Program • 2010 – Present

- \* Completing and Teaching Interns for Certification

## EDUCATION

### International Sports and Science Association (ISSA) • 2000

- \* Certified to develop personalized, nutritional and strength training programs for diverse clientele.

## PROFESSIONAL AWARDS

### Body Building

- \* 2008 *Mr. Pittsburgh*
- \* 1997 *Mr. Pittsburgh* • 4<sup>th</sup> place Title Holder
- \* 1996 *Back to the 50's Body Building* • 5<sup>th</sup> Place Title Holder
- \* 1996 *Philadelphia, Pennsylvania Body Building* • 3<sup>rd</sup> Place Title Holder
- \* 1996 *Mr. Pennsylvania* • Pennsylvania State Body Building • 1<sup>st</sup> Place Title Holder
- \* 1994 *Tri - State Body Building* • 4<sup>th</sup> Place Title Holder
- \* 1994 *Power House Classic* • 5<sup>th</sup> Place Title Holder

### Power Lifting (Squat)

- \* 2002 *ADAU Single Lift Nationals* • 1<sup>st</sup> Place, Set American Record, 198 lb weight class
- \* 2002 *WNPF Worlds* • 2<sup>nd</sup> Place • 198 lb weight class
- \* 2002 *WNPF* • 1<sup>st</sup> Place • New American Record, 198 lb weight class
- \* 2001 *ADAU Single Lift Nationals* • 1<sup>st</sup> Place • Set American Record 181 lb weight class
- \* 2000 *ADAU Single Lift Nationals* • 1<sup>st</sup> Place • Set American Record 165 lb weight class

