



JEFF HARLAN

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EXPERIENCE

Harlan's Personal Training HPT • 1995 – Present

- * Owner

Harlan's Superior Whey Protein • 2013 - Present

- * Co Owner

Harlan's Elite Fitness • 2012 – 2013

- * Owner Operator

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

Power Lifting (Squat)

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

