



MIKE FLORENCE

STRENGTH AND CONDITIONING COACH

Michael Florence is the Strength and Conditioning Coach at the Human Performance Institute, where he is responsible for player development of all professional and junior athletes. He has trained a variety of athletes from the NFL, NBA, WTA, ATP, PGA, and IRL racing. Michael's current clients include football player Keydrick Vincent, a starter for the Baltimore Ravens, basketball's Nigel Dixon, and golfers Camilo Benedetti and Mike Henderson.

Prior to coming to the Human Performance Institute, Michael was a Strength and Conditioning coach at the University of Kentucky for 15 years. His responsibilities included developing strength training programs and year-round training for twelve varsity sports. During his tenure at the University of Kentucky, Michael helped produce 2 Olympic Silver Medalists, 35 All-Americans, 29 All-SEC players, 8 All-MAC players, 5 NSCA All-Americans, 30 players drafted by the NFL, 3 Bowl Games, 3 SEC Basketball Championships, a first round pick in the MLB draft, a Women's Soccer SEC Tournament Championship and SEC Player of the Year, and a Men's Tennis 1st Place SEC Team.

Michael Florence graduated from the University of Kentucky with a Bachelor of Science Degree. Michael competed for the University in powerlifting. He was the 220 lbs Region VI Collegiate Champion and Collegiate National Qualifier, 220 lbs Kentucky State Powerlifting Champion, and Best Lifter Award recipient. He also won the 242 lbs Kentucky State Powerlifting Championship and was State Record holder in the 220 lbs, 242 lbs, and 275 lbs weight classes. Michael is a member of the NSCA (National Strength and Conditioning Association) and CSCS (Certified Strength and Conditioning Specialist).

The Human Performance Institute's sports programs incorporate the latest state-of-the-art sport science technology. From nutritional sciences to exercise physiology and from sport psychology to biomechanics, the Institute's staff believe that the best results are achieved when all aspects of the athlete's life are systematically addressed in the overall training program.