



MELVIN HAYES

LV3 PERSONAL TRAINER

FUN FACT:

I've played football at every level, including professionally.

Education:

NSCA CPT, USA
Weightlifting coach level 1

Certifications:

NSCA-CPT
USAW- L1

Favorite exercise(s):

- Bench Press
- Olympic lifts
- Swimming/Biking

Contact:

mhayes@ochsner.org

EXPERIENCE:

- Personal Trainer
- Strength and Conditioning Coach
- Former NFL Lineman

Specialties:

- Weight lifting programs
- Speed and agility coaching
- High intensity interval training
- Sport performance (all sports) at High school, College and professional levels.

Experienced with the following athletes:

- Baseball
- Basketball
- Football
- Soccer
- Softball
- Tennis
- Volleyball

Sport-specific technique training:

- Football
- Basketball