



HOMETOWN

Walnut Cove, NC

EDUCATION

South Stokes High School

CERTIFICATION

Fitour-Personal Trainer

SPECIALTY

Strength Training and Cardio Training

AVAILABILITY

Weekday Early Morning

MOTTO

"Consistency is Key"

FAVORITE EXERCISE

Barbell Squat

BIO

I began working out 6 years ago, and have been in love with it ever since. It led me to join the Marines after high school, and I did four years in the marines. Now currently I am in Basic Law Enforcement School pursuing to become a police officer. I have learned a lot through my fitness journey, and would love to share what I've learned to help someone better themselves physically, and mentally.

