

**HOMETOWN**

Hickory, NC

EDUCATION

National Personal Training Institute

CERTIFICATIONS

Personal Trainer

Nutrition Coach- NPTI

Boxing/Kickboxing Fitness -

9Round/Bustos Fighting Academy

AVAILABILITY

Mornings/Early Afternoon

SPECIALTY

Functional Fitness, Kickboxing/Boxing cardio, Strength Training, Balance, Range of Motion, Stretching

MOTTO

Train with the energy of a warrior and soon you will have the heart of a warrior.

FAVORITE EXERCISE

Punching Bag cardio, seated row

BIO

I have spent 10 years learning the ins and outs of the fitness industry and have felt the struggle of the ups and downs in achieving goals. I've been challenging myself in either bulking up, weight loss, or cardio. I have experience in 1 on 1 training and group training (weight loss and athletics). The past 4 years have been dedicated to growing as a Personal Trainer, nutrition coach, and balancing all aspects of my health. My goal for others is to strive for mental, physical, emotional, and spiritual wellness in order to achieve a better quality of life.



YMCA Personal Trainer
DEKWAN HECTOR