



HOMETOWN

Hudsonville, MI

EDUCATION

High School Diploma

CERTIFICATIONS

Personal Trainer– NASM

CrossFit Level 1 Certification

SPECIALTY

HIIT

Functional Fitness

Metabolic Conditioning

Powerlifting

Olympic Weightlifting

Resistance Training

MOTTO

“You can’t out work poor nutrition habits”

“Hard work pays off!”

FAVORITE EXERCISE

Clean & Jerk, Back Squat, Concept 2 Rowing

AVAILABILITY

Mornings, afternoons, and Saturdays

BIO

I have been involved with fitness since my high school days playing football. Training with my teammates in the off season soon became my favorite part of being active. Pushing up big weight, setting personal records, and pushing each other to get better—it was infectious. I soon after left high school and without football I then focused time on training my body to be in the best condition it could be. It’s a marathon, not a sprint. Consistent hard



work is the key to success. Hard work pays off! I have been a certified Personal Trainer for 5 years now from NASM and have a Level 1 Certification in functional fitness. I have trained a wide demographic of clients, and have found there is nothing more rewarding than playing a small role in someone’s journey to success. I look forward to meeting you!