



HOMETOWN

Kings Mountain, NC

EDUCATION

Studied Kinesiology at University of Louisiana at Lafayette

CERTIFICATIONS

Personal Trainer– NASM and AFAA
EXOS Performance Specialist
Group Exercise

SPECIALTY

Strength Training
Speed/Agility Training

MOTTO

“Hard work beats talent when talent doesn’t work hard.”

FAVORITE EXERCISE

Push ups of all varieties
Box Jumps
Ball Slams

BIO

I grew up in the YMCA in Kings Mountain, North Carolina. I have always had a love of sports, but developed a love for training in college. Since 2013 I have worked in various Y’s as a personal trainer, and group exercise instructor among other things. I believe in training everyone to their own unique ability and goals. Everyone is different and I will make sure your workouts are too. I will do my best to help each client develop a realistic routine that works with their daily life.



YMCA Personal Trainer
BLAKE SUESS