

**HOMETOWN**

Winston-Salem, NC

**CERTIFICATIONS**

Personal Trainer, Fitour

**SPECIALTY**

Strength Training  
Aerobic Training  
Weight Loss

**MOTTO**

"Do not let others write your story,  
write your own book."

**FAVORITE EXERCISE**

Bench Press/Leg Press

**BIO**

I've been passionate about working out since I was 12 years old, and over the past 8 years, that passion has only grown stronger. My fitness journey began with a dream of becoming a football player, and now that I've completed my college football career, I'm excited to help others on their fitness journeys. Throughout my path, I've gained valuable insights from coaches, certified trainers, and my own experiences. I successfully lost over 40 pounds through a combination of diet and exercise, which has deepened my understanding of fitness and health. With a wealth of knowledge and a commitment to helping others, I'm here to support you in achieving your own fitness goals. Let's work together to transform your aspirations into reality.



YMCA Personal Trainer  
**ETHAN KREBS**