

**HOMETOWN**

Franklin, NC

EDUCATION

Kinesiology, University of
North Carolina at Greensboro

CERTIFICATIONS

NASM Certified Personal Trainer

SPECIALTY

Strength Training, Muscle building, Weight Loss
Training, Sport Specific Training

MOTTO

Don't count the days, make the days count

AVAILABILITY

Weekdays

FAVORITE EXERCISE

Hack Squat, Chest Press, Lat Pulldown

BIO

I grew up in a small town, played high school football, won two state championships and competed nationally in track & field. I have been in the gym for a large portion of my life and have fallen in love with helping other people reach their fitness and health goals. I have personally gone through periods of building muscle and increasing strength as well as a period of losing a large amount of weight. I love to work with individuals of all different ages and find joy in meeting you where you are at in order to help you achieve your fitness goals.



YMCA Personal Trainer
SETH BREWER