



HOMETOWN

Mocksville, NC

EDUCATION

Western Carolina University,
Bachelor of Science in
Parks and Recreation
Management

CERTIFICATIONS

Fitour - Primary Personal Trainer

MOTTO

Love yourself enough to work harder

FAVORITE EXERCISE

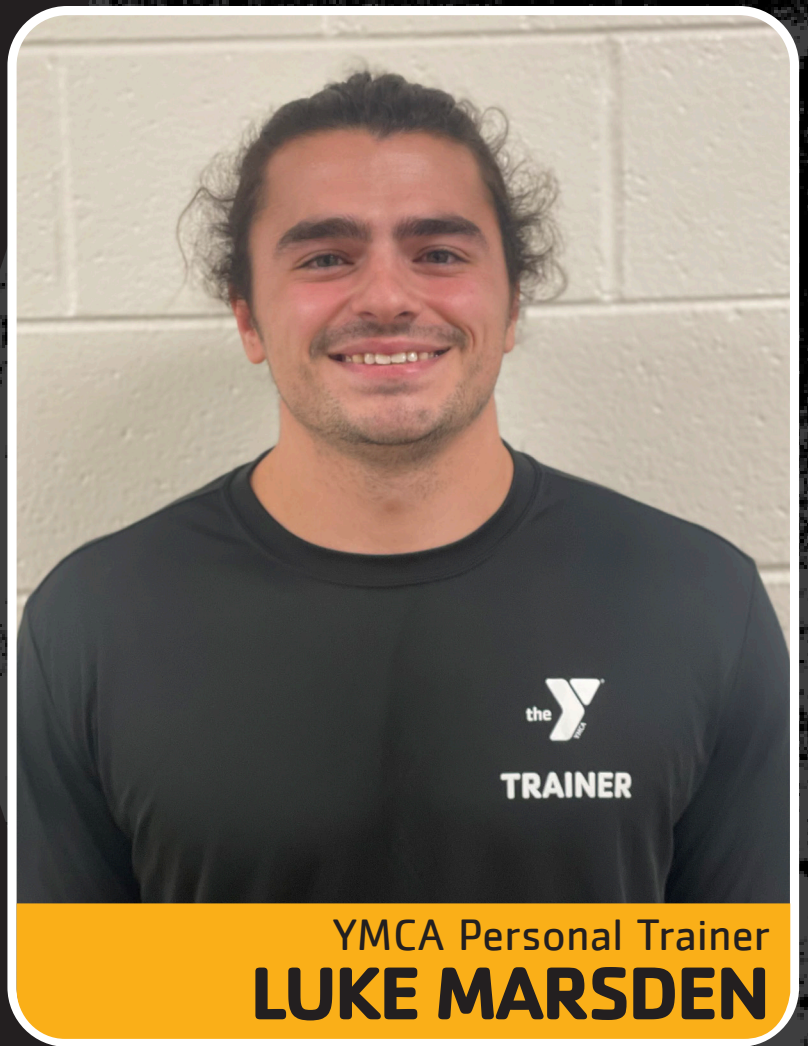
Barbell Back Squats and Lat Pulldowns

AVAILABILITY

Monday-Friday

BIO

I have been involved in weightlifting/fitness for 6 years. My passion is helping new people get into a healthier lifestyle. My focus is functional movements, strength training, and muscular development. I am looking to help develop a deeper understanding of these movements to create self sufficiency in my clients.



YMCA Personal Trainer
LUKE MARSDEN