

**HOMETOWN**

Fort Lauderdale, Florida

EDUCATION

Belmont Abbey College
Biology and Psychology

CERTIFICATIONS

Personal training certification

MOTTO

All good things in life come with time

SPECIALTY

Longevity, general strength and wellness,
weight loss

FAVORITE EXERCISE

Cable flexing

AVAILABILITY

Early mornings

BIO

Hi! My name is Troy Lacerte, a newly certified personal trainer. My goal is to help my clients set and achieve their goals to the best of their ability, with motivation, accountability, and hard work. I believe in creating personalized fitness plans that not only challenge but empower you to push past limits and make lasting changes. Whether you're just starting out or looking to take your fitness to the next level, I'm here to support and guide you every step of the way! Let's turn your goals into reality — one workout at a time.

