



HOMETOWN

High Point, North Carolina

EDUCATION

Alumni of UNCSA

CERTIFICATIONS

ISSA Personal Trainer

ISSA Glute Specialist

FITTOUR- Advanced Yoga Instructor

FITTOUR-Advanced Personal Trainer

SPECIALTY

Core Strength, Flexibility, Agility,

Functionality, Bodybuilding

FAVORITE EXERCISE

Glute Kickback

BIO

I am a graduate of the University of North Carolina School of the Arts with a focus in Acting, Voice and Dance. I have danced professionally, modeled for men's fitness advertisements, commercials and television shows. I have won several Men's Physique competitions in both OCB and NPC organizations amongst a few others. I have developed physical, mental and spiritual strength through the experiences I have endured throughout life thus far. I have been on my own since I was 16 years old, I have been homeless, in a very abusive relationship that nearly killed me, while also dealing with alcohol substance abuse issues to bury the pain and ignore my inner self calling for me to Do and Be Better.

It was the discipline of getting up every morning at 3:00am to walk 45 mins to the gym, get in a work out and then walk another 15 mins to work. That discipline helped me to gain a modeling contract, gain a dance gig and also save to buy a car. And eventually I was able to gain the courage to leave the bad relationship and turn



YMCA Personal Trainer
JARRIUS LINDSEY

my life around. My goal is to help others achieve their goals through the daily discipline of working out, being guided in a way that challenges the client to reach for greater heights both mentally and physically. And to always keep striving to improve oneself in every facet of life.