

**HOMETOWN**

Hiddenite, NC

EDUCATION

B.S. Liberty University

M.S. Exercise Science

CERTIFICATIONS

NASM Personal training certification

Integrative Health Practitioner Level 1

SPECIALTY

HIIT Training

Plyometrics

Weight Training

FAVORITE EXERCISE

Burpees

AVAILABILITY

Weekday mornings, some Saturdays, in the mornings, to mid to late afternoons (Flexible)

MOTTO

"I can do all things through Christ who strengthens me." Philippians 4:13

BIO

I'm a passionate fitness and nutrition enthusiast who has battled through and conquered a disability, emerging stronger than ever. Now, my mission is to help others unlock their full potential. I know firsthand that challenges don't define us; they shape us into the strongest versions of ourselves. No matter where you're starting from, I'm here to push, inspire, and guide you every step of the way. Let's build strength, confidence, and unstoppable momentum together!



YMCA Personal Trainer
WILL BOGGS IV