

**HOMETOWN**

Troutman, NC

**CERTIFICATIONS**

ISSA  
ACE  
Specialty  
Personal Training  
Group classes  
Speed & agility  
Core training

**MOTTO**

"Tough times don't last long,  
TOUGH PEOPLE DO"

**AVAILABILITY**

Monday-Friday  
8:00am-6:00pm

**FAVORITE EXERCISE**

Calisthenics & Bench Press

**BIO**

I have always been around sports all my life. I started playing basketball and football at a very young age and excelled in it from elementary through high school. My wife and I started our fitness journey back in 2019. In 2020 we had gotten super serious about fitness and turned our garage into a gym and started motivating and pushing each other. I became a certified trainer in 2021 and started training clients. I've trained at Planet Fitness, cross trained a women's high school basketball team, and opened up my own fitness center. As a trainer my goal is to inspire and motivate whomever I can and help them reach their full potential. I can do all things through Christ who strengthens me. (Philippians 4:13)



YMCA Personal Trainer  
**TYRELL MATTOX**