

**HOMETOWN**

King, NC

EDUCATION

West Stokes High School

CERTIFICATION

Personal Trainer

Strength and Conditioning Coach

SPECIALTY

Strength training

Functional Fitness

AVAILABILITY

Open

MOTTO

"Every rep you do; when you can't do no more, is what makes you better!"

FAVORITE EXERCISE

anything core

BIO

My name is Romeo Long. I'm a proud father of four amazing boys, and I'm passionate about helping others become the best version of themselves—both in health and in life. Watching people grow stronger, more confident, and more disciplined drives me every day. For me, personal training isn't just a career—it's a calling. It's my way of giving back, inspiring others, and showing that with the right mindset and guidance, anyone can transform their life. Whether it's weight loss, building strength, or creating a healthier lifestyle, I'm dedicated to helping every client reach their goals and discover their true potential.



YMCA Personal Trainer

ROMEO LONG

YMCA OF NORTHWEST NORTH CAROLINA