



**HOMETOWN**

Kernersville, NC

**EDUCATION**

UNC Charlotte

**CERTIFICATION**

FiTour personal Training Certification

**SPECIALTY**

Athletic Training, Body Building,  
Personal Training

**FAVORITE EXERCISE**

Squat/Bench/Deadlift

**MOTTO**

"The hard work isn't going to do itself"

**AVAILABILITY**

Mornings, Evenings

**BIO**

I grew up in Kernersville and built my athletic foundation early, playing Football at R.J. Reynolds High School in Winston-Salem and later at Guilford College before going on to study at and graduate from UNC Charlotte. My training philosophy has been forged through years of competitive football, olympic weightlifting, coaching and mentorship where I learned that results come from consistency, not motivation, empty platitudes, nor trendy diet hacks. My approach is straightforward: technique first, consistency second, intensity third, and excuses never.



YMCA Personal Trainer  
**JAMES SHEPARD**