

**HOMETOWN**

Wynantskill, NY

CERTIFICATION

NASM

(National Academy of Sports Medicine)

SPECIALTY

Body Building and Strength Training

FAVORITE EXERCISE

Bent-Over Barbell Row

MOTTO

Work hard.

AVAILABILITY

Evenings and early mornings

BIO

Bio-I grew up and was always fascinated with playing sports and lifting weights from an early age. My main focus was basketball up until about 2020 when I shifted my main focus to weightlifting, bodybuilding, training others and haven't looked back since.



YMCA Personal Trainer
JAKE DEFREEST