

**HOMETOWN**

Statesville, NC

**CERTIFICATION**

NASM Certified Personal Trainer  
(NASM-CPT)

**SPECIALTY**

Functional Strength  
& Gym Empowerment

**FAVORITE EXERCISE**

Squat

**MOTTO**

"Life is constant movement... Things live by  
moving and gain strength as they go." —  
Bruce Lee

**AVAILABILITY**

Varies

**BIO**

Hi, I'm Michael! As a NASM Certified Personal Trainer with over five years of coaching experience, I specialize in taking the intimidation out of the gym. I believe the ultimate goal of fitness is empowerment—building the physical strength and mechanics you need to train with absolute independence and confidence. Whether you are lifting weights or improving your conditioning, my goal is to create a supportive, zero-judgment environment where you can safely challenge yourself and leave every session feeling stronger, capable, and ready to take on the world. Let's get to work!



YMCA Personal Trainer  
**MICHAEL ROTEN**