

YMCA
Personal Trainer

**CODY
WOOTEN**



HOMETOWN

Winston-Salem, NC

EDUCATION

ISSA Trainer Certification
NCSF Strength Coach Certification

CERTIFICATIONS

National Council of Strength and
Conditioning Coach
International Science and Sports
Association Personal Trainer
Certification

SPECIALTY

High School and Collegiate Athletes
Tactical Athletes
Strength and Conditioning

BIO

I've always been physically active but decided to dedicated my life to wellness and physical health. Here to make a great impact in peoples lives through fitness. Two personal trainer certifications with International Science and Sports Association and National Council of Strength and Fitness. Remember excuses don't burn calories and with enough hard work, dedication, and a little help from me we can make anything possible!!

SPECIALTY CONT.

Olympic Lifting
Powerlifting
Boot Camps
Any and all aspects of functional
movement

AVAILABILITY

Flexible

MOTTO

Its not who you are that makes the
person it's the actions you take that
make you great.

FAVORITE EXERCISE

Deadlifts and Burpees

YMCA OF NORTHWEST NORTH CAROLINA