



HOMETOWN

Winston-Salem, NC

EDUCATION

Hampden-Sydney College: Bachelor of Arts
Degree in History

CERTIFICATIONS

Personal Training-American Council
on Exercise (ACE)

AVAILABILITY

Weekends (All day) and Weekdays after 6pm

SPECIALTY

I grew up playing football and lifting weights. I focus on functional strength training and functional cardio that provides sustainable endurance/strength in everyday life circumstances including athletics.

MOTTO

Decide. Commit. Succeed.

FAVORITE EXERCISE

Deadlift

BIO

My name is Chris Welch. I grew up in Winston Salem, NC and started my fitness journey going to the Robinhood Road Family YMCA. I began going there in high school when I was playing football at Mount Tabor. My parents were always fit growing up and it instilled in me a desire to be the same. I slowly started enjoying lifting weights more than playing football and realized it played a larger role in my life than I thought. For me it is not always about looking good, but more about the mental stimulation and confidence it provides me. Even after a bad workout, I still leave



YMCA Personal Trainer
CHRIS WELCH

the gym feeling better than if I did not go. I use my experience of over 15 years of working out plus sports workouts to fuel my current workouts today. I have a coach that helps me to stay consistent, put in the work, and remain dedicated to the lifelong process.