



HOMETOWN
East Bend, NC

CERTIFICATIONS
Personal Trainer (NASM)
CPR/AED/O2

SPECIALTY
Strength Training/Muscle Growth
Fat Loss
Core Training

MOTTO
"Become a man who detests mediocrity" -
David Goggins

FAVORITE EXERCISE
Deadlift

BIO
The first time I made the conscious decision to exercise (outside of sports that I played in school), I had little to no motivation. I had always dreamed of getting into better shape/health, but I let the fear of failure and embarrassment keep me from trying to make a real change in my life. I was scared to go to a gym because I thought people would judge me or make fun of me for doing something wrong. Eventually, I worked up the courage to give the gym a try. Those early stages of my fitness career were by far the scariest and most uncomfortable, but I truly believe that deciding to push through those unknowns and insecurities is something that shaped my character a lot. Fast forward a couple years later, fitness and exercise are now huge parts of my life. I went from being scared to working



YMCA Personal Trainer
JACK BINKLEY

out and knowing nothing about fitness to it becoming one of the most foundational things that affects how I live my life on a daily basis. I decided to become a trainer to help people through that initial stage of fear, insecurity, or discomfort and provide them with the knowledge and experience to not only just move forward in their fitness journeys, but to do so with determination that they will succeed and confidence in their abilities.