



HOMETOWN

Grove City, OH

EDUCATION

Bachelor of Science: Health and Exercise Science
Master of Arts: Liberal Studies
Wake Forest University

CERTIFICATIONS

NSCA - CSCS (Certified Strength and Conditioning Specialist)

SPECIALTY

Functional Fitness
Olympic Lifting
Rehabilitation
Strength Training for all ages
Speed/Agility Training

MOTTO

Consistency over Perfection

FAVORITE EXERCISE

Power Clean, Shoulder Raise, Incline Bench Press

BIO

I have been an athlete my entire life and have been strength training for 12 years. I attended Wake Forest University and was a part of the football program for 6 years. I was a 2 year Captain and was a part of 4 Bowl Championships. I strive to initiate positive change in the lives of others while promoting diversity, equity, and inclusion. I'll utilize my experience and knowledge to program workouts for individuals based on their specific needs. I want everyone to achieve their personal goals and I'll do everything in my power to get you there.



YMCA Personal Trainer

BRANDON CHAPMAN