



### **HOMETOWN**

Clemmons, NC

### **EDUCATION**

BS Exercise Science  
Appalachian State University

### **SPECIALTY**

Body recomposition  
Strength and conditioning for athletics  
Bodybuilding

### **MOTTO**

"So do all who live to see such times, but that is not for them to decide. All you have to decide is what to do with the time that is given to you." – Gandalf the Grey

### **FAVORITE EXERCISE**

press-fly, cable pulldown/row, deadlift

### **BIO**

As an American with Japanese heritage, I thoroughly enjoy the greasy spoon of domestic cuisine almost as much as I love Asian food. Lifting weights is a core personality trait of mine, while golf, anime, disc golf, art, video games, and outdoor adventures--among other extracurriculars--fill the rest of my time. My dream is owning my own gym so I can run it how a gym is supposed to be run. When you pick me for personal training, you are choosing an educated (but ever-learning) student of fitness that will tell you what you NEED to hear, not what you want to hear.



YMCA Personal Trainer  
**LYO BALLARD**