

**HOMETOWN**

Wilkesboro, NC

AVAILABILITY

Mornings and afternoons

CERTIFICATIONS

ISSA Certified Personal Trainer

Kickboxing certification

SPECIALTY

Kickboxing and Weight Lifting

MOTTO

"When you're not improving yourself,
Competition is."

FAVORITE EXERCISE

Fighter specific exercises and Cable Machines

BIO

I have always aspired to enhance my skills as a fighter. As someone of smaller stature, I recognize the paramount importance of continuous self-improvement, not only in martial arts and weight training, but also in all aspects of life. This pursuit has become a personal obsession, driven by a determination to overcome life's challenges. Bruce Lee has been a significant influence on me; his emphasis on both martial arts and physical conditioning resonates deeply. Today I have evolved into a more proficient martial artist and weightlifter. I've come to understand that immersing oneself in challenges fortifies one's resolve. Embracing my unique physical build, I appreciate that I contribute differently to the broader tapestry of life.



YMCA Personal Trainer
BROOK PEARSON