



HOMETOWN

Chicago, Illinois

EDUCATION

Associates of Science
Forsyth Technical Community College

AVAILABILITY

Mondays: 9am - 12pm
Tuesdays: 9am - 5pm

CERTIFICATIONS

International Fitness Trainers
of America- Personal Trainer
International Fitness Trainers of America
Group Exercise Instructor
CPR and AED

SPECIALTY

Strength & Hypertrophy Training, Bodybuilding
Conditioning Training, TRX, Muay Thai, Brazilian
Jiu-Jitsu

MOTTO

"There are no limits. There are plateaus, but you must not stay there. You must go beyond them. If it kills you, it kills you. A man must constantly exceed his level" - Bruce Lee

FAVORITE EXERCISE

Incline Bench Press / Dumbbell Hammer Curls /
Cable Pushdowns

BIO

I started my health and fitness journey when I first moved to Winston in 2015. I used the gym to work on my mental health initially and as I gained more knowledge and a better understanding of health and fitness I was hooked on transforming my body for my sports at the time and also shaping my body to my will to what makes me feel the best. As I had gained a good amount of experience with weight training as well as martial arts, I got certified as a personal trainer to apply



YMCA Personal Trainer
CAMERON SATO

and share my knowledge to others to help them reach their goals regarding health and fitness physically as well as mentally. I believe exercise and fitness can not only help shape your body but also help shape your mind. Give me 100% in and out of the gym and I will give you 100% to make sure you succeed.