

**HOMETOWN**

Huntington, New York

CERTIFICATIONS

IFTA
(International Fitness Trainers Association)

SPECIALTY

Strength Training, Boot Camps

MOTTO

"You showed up, let's get to work"

FAVORITE EXERCISE

Standing Military Shoulder Press, Leg Press

BIO

My fitness journey started in 2017 when I moved to North Carolina for a fresh start. I started attending the gym with my brother who taught me how to lift and helped me develop the habit of coming in 5 times a week. I believe in sharing that and spreading it to the Y community in any way that I can. I specialize in Strength Training—that's how I like to work out myself—and as a Boot Camp Instructor.



YMCA Personal Trainer
MIKE ROGERS