



HOMETOWN

Vineland, NJ

EDUCATION

Philadelphia Community College

CERTIFICATIONS

FITOUR-Certified Personal Trainer

LIVING.FIT-The Kettlebell Hinge

AFAA-Behavior Change Science

NASM—Movement Progression

MOTTO

“Self preservation is the Key of Life”; “I can do all things through Christ who strengthens me!”

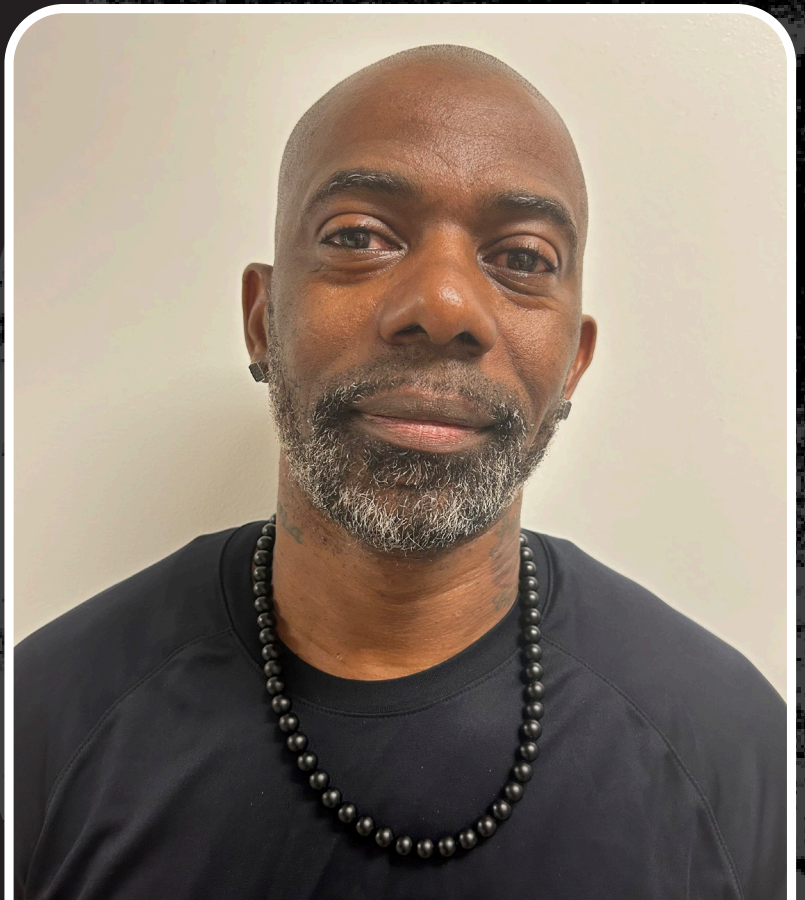
FAVORITE EXERCISE

Cable Curls

BIO

Hi, I’m Kenny! I’m here to help YOU kick start your journey to health and wellness through personal training. I am passionate about helping people meet their dream version of themselves.

My style of training is built around building the foundation first, along with building confidence. Confidence in self and your workout routine is key to reaching your end results. Working out is not easy when done alone...there is no direction, you lose patience, confidence and consistency. But working with me as a personal trainer, you have your own personal motivator that will push you and hold you accountable for what you signed up for.



YMCA Personal Trainer
KENNETH F. IVES

As a personal trainer, I encourage good habits, give direction, share best practice and routines that will motivate you to stick to your plan and meet your workout goals. Leading a healthy lifestyle and looking good while doing it is my goal for you as your personal trainer.