

**HOMETOWN**

Winston-Salem, NC

**EDUCATION**

BS in Political Science

**CERTIFICATIONS**

Certified Personal Trainer--FiTour

**SPECIALTY**

Strength Training and Functional Training

**MOTTO**

Lift Great, Live Great

**FAVORITE EXERCISE**

Dumbbell Shoulder Press

**BIO**

Hey, I'm Jalen Kimbrough, a Winston-Salem native. I'm passionate about helping individuals gain muscle, gain confidence, and achieve their God-given potential. I know firsthand what it's like to feel frustrated with slow progress, and that's why I've dedicated myself to creating a results-driven approach that focuses on efficient training and helps individuals gain strength and functionality within their day-to-day lives.



YMCA Personal Trainer  
**JALEN KIMBROUGH**