

**HOMETOWN**

Statesville , NC

CERTIFICATIONS

NASM Personal Training

SPECIALTY

Hypertrophy Training

FAVORITE EXERCISE

Decline Dumbbell Chest Fly

AVAILABILITY

mid mornings and weekends

MOTTO

"The Quality of our Lives is determined by the Quality of our Habitual Emotions"

BIO

Fitness is more than muscular development - its healing, focus, and self-love. I believe that everyone's fitness journey is different in many ways. Goals, training styles, schedules and outside variables are examples that all influence one's fitness journey. Together we will make necessary adjustments. Fitness isn't about the perfect body - it's about showing up, pushing through, and becoming stronger inside and out. No matter where you start or what you've been through, we will build strength, confidence, and resilience.



YMCA Personal Trainer
ANTONIO BARNETTE