

**HOMETOWN**

Winston-Salem, North Carolina

EDUCATION

B.S Psychology -
Exercise Science Concentration,
Virginia Military Institute

CERTIFICATIONS

Advanced Personal Training - Fitour
Cooper Sports Performance

SPECIALTY

Plyometrics/Speed Training
Functional Strength
Lacrosse/Football Mechanics

FAVORITE EXERCISE

Landmine & Calisthenics

MOTTO

Life is hard. Being unhealthy makes it harder.

AVAILABILITY**Jerry Long**

Mon-Fri: Mornings & Afternoons

Yadkinville

Mon,Tues,Thurs: Mornings

Wed,Fri: Mornings & Afternoons

Davie

Mon,Tues,Thurs: Mornings

Wed,Fri: Mornings & Afternoons

BIO

I have been training all of my life, 21 years to be exact. I started sports when I was 4 and that has been most of my life. I got into weight training seriously during high school, I was then a 3 sport athlete for all 4 years. Playing football, lacrosse, & running track. I had high hopes of playing college football but lacrosse gave me the most money for school. Virginia Military Institute (VMI) is the route I took, here I studied Psychology and the mechanics behind weight



YMCA Personal Trainer
TREJAN CANNON

lifting and sports performance, all while drilling and playing D1 lacrosse. Post-graduation I secured an offer to finish my career and start my Masters at the University of Tampa (UT). I not only finished my career as an All-American but I learned how important mental health is. As a trainer under the YMCA, my goal is to push you to your goals and show you how much of an outlet fitness can be.