



HOMETOWN

Advance, NC

EDUCATION

B.S. in Business Administration
UNC-Greensboro

CERTIFICATIONS

Personal Trainer– NASM
CPR/AED certified

SPECIALTY

Core Training
Interval Training
Functional Fitness
Strength Training

MOTTO

“Train hard, train safe, and have fun!”

FAVORITE EXERCISE

Planks, Flutter Kicks and Bench Press

AVAILABILITY

Varied morning, afternoons,
evenings, and Saturdays

BIO

I became interested in physical fitness while serving in the Army as a military police officer. After returning from Afghanistan in 2002, I continued pursuing my fitness goals at the Jerry Long Family YMCA. More recently, I decided to expand my career by becoming a certified personal trainer. I strongly believe in making the exercise experience engaging and enjoyable. I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background.



YMCA Personal Trainer

MIKE BUCHANAN

YMCA OF NORTHWEST NORTH CAROLINA