



HOMETOWN

Winston-Salem, NC

EDUCATION

Winston-Salem State University,
Bachelor of Science- Sport Management
University of North Carolina at Charlotte,
Pre-Exercise Kinesiology

CERTIFICATIONS

NASM- Performance Enhancement
Specialist/Personal Training

MOTTO

"What will stop you when you are older,
started when you were younger. If you want
to stay strong, healthy and fit as you age,
personal training is the best answer."

FAVORITE EXERCISE

Major Barbell Exercises
Lower Body Plyometrics
Power Sled Runs

BIO

Dedicated personal trainer since 2010.
Seeks to maximize client progress
through personalized instruction and
programming which focuses on meeting
clients' goals through the safest and
most effective means.

Work history includes trainer for Next Level
Sports Performance in Atlanta, Georgia.
Had the opportunity to collaborate
with CEO to implement program design
knowledge for athletes training speed,
strength and sports agility. Worked as a
floor technician for ATLAS Healthcare &
Rehab also in Atlanta, Georgia. Became



YMCA Personal Trainer
WILL SHIELDS

familiar with advanced pain relieving techniques
and performed client assessment, analysis and
treatment plans. Began personal training at Gold's
Gym Atlanta and assisted clients in achieving
manageable and measurable goals. After moving
home in 2013, started working at Gold's Gym
Winston-Salem and incorporated strength and
conditioning/ physical therapy style workouts. Since
2015, have been personal training at CrossFit
Amplitude and Robinhood Road Family YMCA.