



HOMETOWN

Winston Salem

EDUCATION

Mt. Tabor High School

CERTIFICATIONS

ACE Certified Personal Trainer

SPECIALTY

Trail running, injury prevention, strength training, integrated body flow movements

MOTTO

Constantly push yourself to open up, to wake up, to the best version of yourself. Be okay in uncomfortable situations.

BIO

Chris loves working with gymnastic rings and pushing the boundaries in body weight training, as well as stability and mobility with the Bosu platform. He's open to helping those who want to become strong and do things with A-1 form.

