

# KYLE BROWN

Hello, my name is Kyle Brown. I have been doing Personal Training for 5 years and have worked with over a 100 clients ranging from highly advanced competitive lifters, elderly, disabled and youth clients. I'm a competitive powerlifter and have ambitions of training for my 1st NPC bodybuilding show to obtain my natural pro card of which I'm currently training for. I'm here to squash that bit of misinformation for good that obtaining the best body is super difficult. Training and dieting requires accountability and discipline, yes, but that doesn't mean it can't be made fun or convenient! In my experience the gym is a place where you can escape and vent the stressors of the world. While your mind is less stressed it can be beneficial to plan your next move or simply vent with a clear train of thought to someone who has an objective, nonjudgmental and sincere point of view. On top of all that I provide nutritional counseling as well. I bring a stacked arsenal to the table to help give every client a fair chance at a better lifestyle, not just a temporary fix. My goal is to teach you so you eventually don't need me anymore if that is your choice. However, I'm here for as long as you need me to in order to keep you accountable. If you're an expert looking to be on stage or a novice thinking of lifting for the first time welcome! My type of training is not complicated. I teach full range of motion (R.O.M) lifting to help you grow the most amount of muscle possible! Simple and effective! Look forward to meeting you!



**CERTIFICATIONS:** ISSA Personal Training and Bodybuilding, Master Degree (General Counseling and Psychology from Lincoln University)

**YEARS/HOURS OF EXPERIENCE:** 5 years over 100 clients. Teaching Bodybuilding, competitive powerlifting, general strength training

**AVAILABILITY:** Monday-Friday & Weekend mornings

**CONTACT:**

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- Phone: 573-694-7598

**SESSION COST & DURATION OPTIONS:**

SESSION/Package COST	DURATION	NUMBER OF SESSIONS
**Intro Rate \$30	30 minutes	1
**Intro Rate \$60	60 minutes	1
\$80/session	60 minutes	1
\$70/session	60 minutes	10+
\$100/session & Health/Life Coaching	60 minutes	1
\$90/session & Health/Life Coaching	60 minutes	10+
** one time purchase		

For more information, contact Quinton Sallin, YMCA Wellness Director, at [qsallin@jcyymca.org](mailto:qsallin@jcyymca.org) or 5737613225.

