

KYLE BROWN

MEET THE TRAINER

I grew up watching wrestling and cartoons, reading comics/muscle magazines, and playing video games with strong, muscular characters. The characters I looked up to were confident and outgoing, and I knew as a kid that's who I wanted to be too! Muscles, positive vibes, and all smiles. Working out is a part of my life. I don't know what I would do without fitness, and I want to teach others this lifestyle. I'm happy to help anyone who might be looking for direction in their lives.

EDUCATION / EXPERIENCE

Masters in Psychology

Lincoln University

ISSA Personal Training Certified

NPC Competitive Bodybuilder

CONTACT

Jake Katnik

Health & Wellness Director
(573) 657-9622 EXT. 303



IDEAL CLIENT

Anyone who is willing to try! I've trained high-level competitors or everyday people who just want to feel and look good. You don't need perfect genetic or natural talent to look jacked and amazing; just the willpower to persevere and adapt in the face of life's challenges.

TRAINING PHILOSOPHY

The basics will never stop being viable! I follow K.I.S.S. (Keep It Simple, Stupid). Make working out a fun time not a punishment or time to pay penance! Mental and physical health are one in the same. Don't neglect either!

PREFERRED WORKOUT MUSIC

90's Hip Hop!! Depending on my outfit or mood, my music can change.

