



**“You get what you put in,
if you give me your all,
I’ll give you mine.”**

CUTTER KENT

ABOUT ME

I’ve always been involved in sports and fitness since age 11, namely football, and along with sports came an interest in lifting. I’ve played college football and even worked with high school and college sport programs before becoming a personal trainer here. I am very confident in my ability to increase people’s strength, endurance and physical wellbeing. At my core I value hard work, honesty and fun.

SPECIALIZATIONS

- Speed Training
- Strength Training
- Injury Prevention
- Endurance Training

CERTIFICATIONS

- ISSA Personal Training
- CPR Certified

BIGGEST RESULT WITH A CLIENT

During my time as a weight training coach for football players, one of my players who was new to lifting gained 18 pounds of lean muscle mass in just 3.5 months. This type of progress is hard to come by, and it felt like a huge accomplishment for me.

MY TRAINING STYLE

I train my clients using high intensity/low volume training with an emphasis on proper form and safe lifting techniques.

FAVORITE WORKOUT

squats because they incorporate a majority of the muscle groups in the lower body with a single movement.

MY Y STORY

I am new to the YMCA!