



JULIAN

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JULIAN GONZALEZ

About Me

I was born and raised in Miami, Florida. I went to Robert Morgan Educational Center for high school education, where I specialized in computer software and hardware. I moved to North Carolina in 2016 after getting accepted into Wingate University and finished in 2020 with a bachelor's degree in science, majoring in exercise. Exercise has been a crucial part of my life since I was 14 years old. I was obese, weighing in at 180lbs and being 4'11", I had to change my lifestyle. A change of diet and increased amount of exercise made me the healthiest I have ever been. Being able to play rugby and help my teammates with their health goals during college, left an impression on me that made me pursue my major.

Certifications

- Bachelor's degree in Exercise Science
- 8 years of exercise experience

Specializations

- Cardio,
- Strength and conditioning
- Resistance training

Biggest Result with a Client

Having a client reach new strength goals.

How would I define my training style

High Intensity with an emphasis on form and control.

Favorite Workout

Leg Press

MY Y STORY

I chose the YMCA to educate and assist people on exercise. Misinformation on exercise is incredibly popular and is usually spread by those without an education in the field. This leads to harmful or dangerous trends that affect the youth. Educating individuals and helping those who want to improve is why I stay at the YMCA.