



Joshua Yarbrough

Personal Trainer

Education

Bachelors of Exercise Science, University of Arkansas

Certifications

NSCA-Certified Personal Trainer, Certified Strength, and Conditioning Specialist

USAW-Level 1 Olympic Weightlifting Coach

About Me

I grew up playing sports and always wanted to have a career in the sport/fitness world. I got into working out just out of high school and decided that my fitness goal was to run fast, jump high, and be strong. After years of acquiring knowledge, I started to get better at reaching my fitness goals and realized that I could help people do the same. I would say my specialty has become increasing explosiveness/short-burst performance, but I enjoy training people for any fitness/health goals they might have. I have worked with a wide range of people, from doing strength and conditioning with the razorback football team to helping people that just want to lose some body fat.

Personal Interests

I enjoy my church community, hanging out with friends, playing sports, and working out. Also, I love Jesus!

Contact Information

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Walton Family
Whole Health & Fitness