

BRANDON SCOTT

Brandon is a certified personal trainer from Farmville, VA, a small town in southern VA. He is currently an Athletic training student at GMU. Through high school he played football and ran track. Being an athlete for most of his life allowed Brandon to make strength and conditioning a lifestyle, not just a hobby.

With a strong passion for strength and conditioning he made the choice to direct his energy towards personal training because he sees it as an opportunity to help others live a healthier, pain free life. He also enjoys helping people to see their goals through from planning to completion.

Brandon received his personal training certification through the American Council on Exercise (ACE). His specialties are strength and functional training.

