



# Herman Brown

Personal Trainer

## Education

Bachelor's In Exercise Science

## Certifications

NASM-CPT, AFAA Group Fitness Instructor

## About Me

I am a former U.S. Army Soldier and have served 6 years in the Arkansas National Guard. I graduated from the University of Arkansas with my degree in Exercise Science. I am a powerlifter myself, and love to train others to get as strong as they can be!

## Personal Interests

My hobby is language learning! I am currently progressing towards basic fluency in Mandarin Chinese and Spanish. I possess somewhat of a basic fluency in Spanish and have been practicing Mandarin since May 2023.

## Contact Information

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