



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Blake Blackwell, CPT, ISSA YMCA OF GREATER TULSA

Blake Blackwell, ISSA Certified Personal Trainer, has been around fitness and sports all his life. Originally from Detroit, he played college football for the University of Tulsa.

- Blake began personally training because he felt it was a way he could help people fulfill a passion for fitness.
- He trains/specializes in HIIT, sports specific and agility training.
- He loves working with anyone of any age, fitness level and/or skill set as long as they are ready to get better.
- Blake's Training Philosophy: **"When you work hard to achieve anything, no matter where you end up, it's better than where you started."**