



Kalab Smith

About Me

My love of health and fitness started in wrestling my freshman year of high school and evolved to become a core pillar of my life. I love lifting and eating healthy good food, I especially love helping others learn how to enjoy these things too.

Certifications

- International Sports Sciences Association (ISSA) Certified Personal Trainer
- International Sports Sciences Association (ISSA) Nutritionist Certification

Specializations

- Weight Training
- Physique Building
- Energy Optimization

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“Become who you are.”

My Y Story

I decided to work out at the Highland County Y because health and fitness is my greatest passion. My dream is to help people learn how to achieve their goals so they can live happily and healthy.

Biggest Result with a Client

I helped a client lose 30 pounds and gain muscle mass to achieve his goals.

How would I define my training style?

Learning what your goals are and finding the best way to help you achieve these.

Favorite Workout

Physique focused circuit training.



Highland County YMCA
201 Diamond Dr
Hillsboro, OH 45133