



Certifications: Personal Training and Nutrition through ISSA Group Training, Tactical Fitness, Strength and Conditioning.

Personal Bio: Lyle is originally from Mansfield and is devoted to working out and staying fit. He is also a proud member of the USAF Air National Guard. Lyle loves to help others and spread knowledge, and he is a big fan of anime and Disney.

Why I am Passionate About Fitness: Going through college in 2020, I always felt like something was off and I didn't like the direction I was heading. I took a step back and tried to join the football team. We began to work out and I found my passion for the gym and lifting. I felt like I belonged there. Ever since then, I have been dedicated to staying fit, strong, and healthy, as well as helping others reach those same goals (I also want to continue to be the strongest and the fittest in my family and not let my little brother surpass me).

LYLE SCOTT

ISSA Certified Personal Trainer