



KYLE JAKOBE

*Personal Trainer
Strength Coach*



Kyle is a highly experienced personal trainer and strength coach. He has helped hundreds of his clients reach the highest levels of physical achievement. HE CAN HELP YOU, TOO.

Kyle is a former collegiate basketball player that understands HARD WORK, DEDICATION and FOCUS. He has a PASSION for PROGRESSION - both physically and mentally. He understands that physical improvement is most useful when coupled with the right mental approach. Kyle TEACHES his athletes how to develop the MENTAL STRENGTH and TOUGHNESS needed to overcome the varying challenges and adversity that each sport presents.

As a personal trainer, Kyle specializes in the development of elite athletes ranging from middle school athletes to elite professional athletes. He holds a Bachelor's Degree in Health and Physical Education and is recognized as both a Certified Strength and Conditioning Specialist (NSCA-CSCS) and a Performance Enhancement Specialist (NASM-PES). Kyle has helped hundreds of clients achieve the best physical condition of their lives through his CREATIVE, CHALLENGING and MOTIVATIONAL approach to exercise.

As a trainer, Kyle practices what he preaches. He maintains a strict diet and workout regimen which he designs for himself. Occasionally, Kyle has been known to integrate himself into his clients' workouts to help push his clients to their physical limits.

In addition, Kyle offers other services which include boxing conditioning programs and consultations for both individual and team program design. Kyle has been featured on the Anita Marks ESPN Sports Show as a consultant for sports training and has appeared at numerous college classes as a guest speaker for health and wellness. He also serves as a Strength Coach for the Johns Hopkins University Women's Basketball Program in Baltimore, MD. In addition, Kyle acts as the Head Strength Coach for The McDonogh School based in Owings Mills, MD—a prestigious academic and athletic institution in Maryland.

Contact Kyle at kyle@kylejakobe.com or 443-255-6211. www.kylejakobe.com