



SOLOMON ABEBAYEHU

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Certified Personal Trainer

Hometown:
Saint Paul, MN

About You:
Since I was very young, I have always been around sports and fitness, and I have a strong enthusiasm for both. I genuinely care about the people I meet in my life and want what's best for them. I've found that coaching and personal training provide me a way to challenge people to perform their best work, and watching them succeed in that and beyond makes me the happiest.

Certifications:
CPR First Aid/AED
WIAA Certified

Education:
Bachelor of Exercise Science

Biggest Result with a Client:
It truly fills me up with joy to get to know and work with more YMCA members. To see members who have never been in a weight room or who have had negative experiences and are intimidated by the weight room become more comfortable and excited to be in the weight room/exercise in general.

Define your Training Style:
I want to tailor my exercises to the goals that my personal training clients have in mind and challenge them to give it their all. My ultimate goal is for them to feel better both physically and mentally and to be inspired to take exercise seriously and enjoy it for all that it can be.

Favorite Workout:
Any type of athletic or strength training but more specifically powerlifting is what I enjoy the most.

CHIPPEWA FALLS YMCA