



KYLE TARVIN

COACH PROFILES



Role at Yolo CrossFit

CrossFit Trainer

Credentials

CrossFit Level 1

Do you have a day job?

Business finance at Intel Corporation.

What is your fitness philosophy?

Do what you enjoy so you never get bored with your fitness routine.

What is your greatest fitness accomplishment?

Graduating from the U.S. Army Ranger School.

What is the biggest obstacle you have had to overcome on your fitness journey?

Staying in decent shape with a full time job and two kids.

What are your goals as a coach?

Understand athletes' goals and help them get there.

What is your regular fitness regime?

Attend CrossFit classes when not coaching or workout during my lunch hour at work.

What else would you like YCF members to know about you?

YCF is a special place because of its people. Get to know them and you'll understand why.

What is your favorite fitness quote?

"Get back on the bar!"

Any fitness advice for someone reading this profile?

Don't be afraid to fail.

