



# Austin Pinkerton

Health Fitness Professional  
Personal Trainer

## Certifications

NSCA Certified Strength & Conditioning Specialist

## About Me

I'm a former two-sport college athlete (football and cheerleading) with nearly a decade of practice as a fitness coach. I work mostly with athletes, focusing on performance enhancement centered around field sports, gymnastics, and any other strength/power sports. For the last 5 years, I have specialized in powerlifting (male and female), developing numerous record holders during that time. In addition to sport performance, I also work with many clients interested in body composition change as well as general health/wellness coaching.

## Personal Interests

I'm a huge football fan and an even bigger gym nerd. In my free time, you'll catch me outside with my dog, at the lake, or most likely at the gym.

## Contact Information

[austin.pinkerton@hfit.com](mailto:austin.pinkerton@hfit.com)

(479)-903-1727

Walton Family  
Whole Health & Fitness