



My name is Tyrone Smith, I was born right here upstate Albany, NY to Steven and Nancy Smith. As a child I played Football, Basketball, Baseball, and Track. Very athletic, I always had a talent for physical fitness as well.

I've worked out on and off my whole life but 2015 is when I decided to take it more seriously. I worked out with a trainer for a year and a half and decided to get certified and start my own company in 2016 called Insta Body Fitness. Since then, working out has become way more popular and I was lucky enough to start my business at the right time!

When working with me, you are working with someone with experience, dedication, motivation and a trainer who is fun fun fun! Your goals become my goals! If you want to see my work, check out my instagram @Insta_Body_Fitness and come join the party!!