
About FITOUR®

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Larry Reberry

I've been a bodybuilder, power lifter, trainer, karate instructor and nutritionist for over 25 years.

From time to time I speak at the University of Missouri about my life from a P.O.W. in Vietnam to a bodybuilder. After speaking to physicians at Chairman's Rounds, Dr. Beitman said I was one of the most inspirational speakers he has heard. He also said that he would like for me to speak a few times a year so people can see me and hear my story

I think as long as I've been in fitness and as much as I've been through. From P.O.W. to having cancer to so much more. I'm sending you a newspaper clipping that explains a little of my situation. Carolann has the paper, I can and will give you 100 percent. I love to train and help people become all they can and should be through training and nutrition.

I have been with Idea health and fitness as u.s. representative and also worked at the veterans hospital and the, city of Columbia as a aerobics instructor.

When I first got into working in fitness centers 25 or more years ago, my first job was a karate instructor in florida with florida karate academy and then I was with golds gym in Springfield,mo. Where I developed training programs for powerlifters and bodybuilding in other words I was a personal trainer.I left their in 1985.Then I left and AND worked with and helped myself and others to prepare for bodybuilding competitions around the rest of the gyms in springfield until 1992.we moved to columbia ,mo in 1992 until the present time I have worked as a personal trainer, aerobics instructor, dietary advisor for superior fitness ashland athletic club columbia recreation center the veterans hospital and the city of columbia and one last thing I have taught karate to children 5 to 12 years old at mt pleasant church in my home town.

My educational background is I am a certified personal trainer from other certifying company's including fitour. I am certified in pilates and yoga also with FITOUR

I also have a degree in fitness from Thomson College and am certified as a group fitness instructor in

IN 2004 I entered 6 body building competitions in the mid west and the north american southern states bodybuilding championships.I placed 1st in 3 of the body building championships and was in the top 5 in the rest. I have so many letters from people I have trained from Ellis Cancer center to professors and just everyday working people telling me how much they appreciate what I have done for them .I SENT Carolann some of the letters.

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