Personal Trainer, physical education, weight loss

Location   **California**
https://www.genclassifieds.com/x-318468-z

Hello! I am a personal trainer from Europe! Currently training in North Hollywood/Culver city/Koreatown/Beverly Hills/Hermosa &Redondo area. I offer a complimentary evaluation of your current level of fitness training & discuss your goals, abilities, limitations, injuries, in order to raise you to the level of where you want to be at in the shortest and safest tinge possible. I offer you an affordable fitness and nutrition plan that will lead you to achieve your goals.

I am thoroughly educated about:
calisthenics
weight training
weight loss
cardio / sprinting
stretching
diet plains
training plans
and basic physical education as well.
fitness movement is my life and I will be happy to share it with!