

# RIDICULOUS STRENGTH FOR WEAK OLDER BODIES (Boston Suburbs)



Location **Massachusetts**  
<https://www.genclassifieds.com/x-338021-z>



I train OLDER BODIES to build RIDICULOUS STRENGTH, gain joint mobility, burn fat, and greatly increase cardio endurance -- with a time-efficient, functional approach -- in the comfort and privacy of your own home.

Bootcamp style training is for twenty year olds.

Patient, intelligent training is for those of us who have spent too many years being sedentary, and need a sensible training program that protects their muscles and joints from injury.

How strong can you get?

A lot stronger than you ever thought possible.

Bruce Coltin  
 ACE Certified Personal Trainer  
 YMCA Trainer  
 Kettlebell Instructor  
 Functional Fitness Specialist



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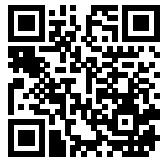
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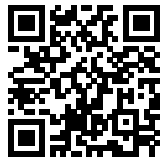
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