

Personal Trainer



Location

Maine
<https://www.genclassifieds.com/x-380600-z>


Hello there, my name is Chris Briggs. I'm looking to start taking on some clients. I'm not looking to make a ton of money, just want to share with people the knowledge I have learned and just be able to change someone's life.

I'm just starting out, I'm a competitive bodybuilder, I do all my own diets, and training routines. Whether you want to lose some weight, or compete in a show, or just looking to learn about nutrition and fitness, I can help. I will even come to the gym and train with you, show you everything you need to know. I'm located in southern Maine, but I can also manage clients over email.

My rates aren't outrageous, like I said I'm not looking to make a ton of money, I just want to be able to make a difference in someone's life. Nutrition is a very important part of life, knowing what you're putting in your body to make sure you're getting the absolute best out of it. Email me for more info, I hope to hear from you!

Check out my new Facebook page too! Big things coming

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