

Personal trainer spams the hell out of wrong sections of CL (sf)



Location **California**
<https://www.genclassifieds.com/x-501006-z>

I am just not that good and desperate for income so please help...

And kids, don't bother studying hard because you can charge \$100 an hour to show people how to do sit ups! Just ask me how.

Personal trainer comes to your home, office or park (SF)

Personal trainer comes to your home, office, park or my studio (no gym fees whatsoever.)

TRY A FREE SESSION!

Personal training comes to your home, office, park or my studio.

Have a bad injury? lower back? knees? elbow tennis? rotator? I can help!

Struggling with the last couple of pounds? I can help!

Getting ready for a wedding? or a photo shoot? I can help!

Have health issues? diabetes? high blood pressure? hypertension? Rehab?I can help!

With my program you'll get the attention you need to feel better and increase your health and fitness goals safely and effectively.

SPECIALTY:

Strength.

Cardiovascular.

Conditioning.

Tone / Definition

Core / Posture

Core / Strength

Balance / Coordination

Support Structures

Rehab / Healing

Injury Prevention

Weight Loss.

Weight Gain

Boxing / Drills / Combinations

Calisthenics

Muay Thai Kick Boxing.



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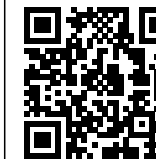
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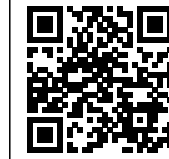
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Mixed Martial Arts Training
Cross Training.
TRX Body Training
TRX Rip Trainer
Bosu Ball Training
Kettle Bell Training
Stability ball training (yoga ball)

I'm nationally certified, 10 years experience and compassionate.

Equipment provided.

My sessions are an hour long. I make my workouts enjoyable intense and fun. I love what i do, and love to see my clients reach their health and fitness goals.

Train with a friend discount.

Please leave your number for more info.

\$100 per session / \$800 for 10 sessions

30 minute session / \$300 for 10 sessions

keywords: personal trainer, training, kick boxing, cross,