

PROFESSIONAL Personal trainings (hopkins)



Location **Minnesota**
<https://www.genclassifieds.com/x-634631-z>

I am a competitive bodybuilder and personal trainer with positive a motivational attitude. I have clients all over the world. I have helped hundreds of people reach the body they dreamed of. I am NESTA certified along with CPR and I work with people like you! I'll guide you from your current shape to the shape you dream of.

I have multiple options of training.

1st option 1on1 training:

- private fitness studio with no public access so it's only me and the client at the time
- Nutrition plan
- Training program for the day we don't see each other
- Motivation and support
- Knowledge of exercise
- Knowledge of nutrition
- Fitness lifestyle assistance
- Ready to answer all your questions 24/7

2nd option: online coaching which allows me to work with people all over the world. You will be given all materials to start your transformation but you have to follow it on your own.

- Nutrition plan
- Training program

- Motivation and support
- Knowledge of exercise
- Knowledge of nutrition
- Fitness lifestyle assistance
- Ready to answer all your questions 24/7

All people want to look fit and healthy but only some of them can. Get rid of all stupid excuses and get that workout done.

For more informations about pricing or any further questions call me at

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