

The Dreamy Physique&Fitness Level Within A Finger (... USD)



Location **Nevada**
<https://www.genclassifieds.com/x-792951-z>

QR Code Link to This Post CELL: 650.481.574

I am the ultimate fitness professional in that I possess the knowledge, skills and abilities for safe and effective exercise and fitness program design, instruction and assistance for the sole purpose of reaching your personal health and fitness goals.

I am Passionate about getting you over the hump, purposeful, caring and dedicated to coaching

among other things,you'll benefit from my:

- Knowledge of human anatomy and the concepts of functional exercise, basic nutrition and basic exercise science
- Ability to design individual and group exercise programs tailored to the needs and attainable goals of your specific goals
- Ability to conduct and understand the need and importance of screening and client assessment, initially and progressively
- Ability to execute individual fitness program design in a safe and effective way
- Desire to help you reach your health and fitness goals through appropriate cardiovascular, flexibility and resistance exercise
- Ability to motivate you to improve your overall fitness and health
- Dedication to maintaining personal integrity and my own health and fitness

I deliver safe, effective, fun and interesting workouts (in that order) to all fitness-training clients. The training programs I develop are varied and progressive, and geared toward improving your health and wellness. As a trainer, I am enthusiastic and supportive, and I'll keep you interested and stimulated, which helps ensure you stick with the program -- and with me. â—do NOT contact me with unsolicited services or



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