

# Personal Trainer, physical education, weight loss



Location **California**  
<https://www.genclassifieds.com/x-318468-z>

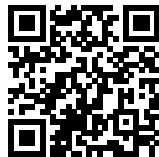
Hello! I am a personal trainer from Europe! Currently training in North Hollywood/Culver city/Koreatown/Beverly Hills/Hermosa & Redondo area. I offer a complimentary evaluation of your current level of fitness training & discuss your goals, abilities, limitations, injuries, in order to raise you to the level of where you want to be at in the shortest and safest tinge possible. I offer you an affordable fitness and nutrition plan that will lead you to achieve your goals.

I am thoroughly educated about:  
 calisthenics  
 weight training  
 weight loss  
 cardio / sprinting  
 stretching  
 diet plains  
 training plans  
 and basic physical education as well.  
 fitness movement is my life and I will be happy to share it with!



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