

PERSONAL TRAINERMOTIVATOR (EAST BRUNSWICK)



Location **New Jersey**
<https://www.genclassifieds.com/x-448363-z>

Hi everyone.

My name is David and I'm a 20 year old certified Personal Trainer. I am the trainer that will help you get you off your couch or if you're just a lazy human being, like I once was, get you out of that cycle. I will not motivate you but inspire you to be motivated and to have the incentive to exercise at least 4 times per week, giving you the right idea of how to eat, and just make you feel like a better person overall. Be ready to take your first step off your couch and let me help you move into a more positive life with a better outlook.

I train independently, for it allows me to be more personal and helpful to my clients. I am based all around Central Jersey. The first session is half-off, since I need to gauge into your fitness levels.




I am willing to work in your house gym (if applicable), building gym (if applicable), your own membership gym, and my favorite; outside (matters what the weather is).

I've learned many ways to lose weight and the right way of eating habits through Wrestling as I was a High School Varsity Wrestler for 4 years, and as well I formed my body shape from years of Judo practice and tournaments, years of Swimming lessons and matches, and as well as 6 years of Tennis training and 3 years of High School Varsity Tennis. I've been doing sports my whole life which taught me how to stay in shape in the most positive way.

I specialize in cardio interval training, resistance training both with and without weights, flexibility, core fitness, and sports-specific training.

Do you have what it takes to do this with me?

Call me @ for any questions regarding prices or how we could schedule our first lesson.

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