

PERSONAL TRAINER IN SAN MATEO

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Contact: Coach Junior

Phone: 1-619-856-6960



https://tinyurl.com/2ymxk3rt

Address: 178 W Hillsdale Boulevard San Mateo California 94403, San Mateo, California, United States

Price: 80.00 USD

Description:

I am a Bachelors in Physical Education, specializing in bodybuilding coach, womens training, and running training. Im also a Brazilian national track and field coach. I have been in the fitness industry since 2009, helping people achieve their goals, and I have vast experience in hypertrophy training, sports training, and running training. Specialties. Strength, power, and speed training for all types of sports. We can train at your gym and parks. I can also provide some pieces of equipment.

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