



MEET THE TRAINER

James Hoff



Education | Certifications

NASM Certified Personal Trainer
(National Academy of Sports Medicine)

Specialties

**Corrective, Hypertrophy, Strength
and Progressive training models.**
Functional fitness.

Personal Bio | Training Philosophy

I have been weightlifting for 3+ years. Having at one time been Overweight myself--my highest around 240lb--I managed to reach a weight as low as 165lb. Within that time, I found my passion for all forms of fitness and found the value in living a healthy lifestyle, as it gave me a newfound control of both how I look and feel about myself, and this is the key fitness value I wish to share to my clients.

My goal to clients at any level of experience is providing a fitness foundation to assist them in reaching all their fitness goals whether it be to lose weight, build muscle, increase mobility, and/or over all feel healthier and happier.

Training Quote

"It doesn't matter where you start; it's where you finish."

Telephone number: (606)-694-4104 Text/Call

Email address: alexh619@hotmail.com (If not reachable by cell)

Availability

Weekdays