



SEAN COLLIER
Personal Trainer, Level III

Education

- Medical Exercise Specialist Certified
- Sport Performance Institute Certified
- Resistance Training Specialist Certified
- Twist Sport Conditioning Certified

“Personal fitness is a choice given to every individual. Making the right decisions is an ongoing achievement which brings the reward of a truly superior quality of life.”

Sean’s main objective is to assist his clients in achieving their highest physical state of well-being. This is achieved through highly experienced coaching, so they do in fact realize their peak physical condition. Sean believes there is no easy road when it comes to fitness. Results have always been a strong motivator and only expert guidance and hard work can produce those desired results.

Sean periodically varies the custom workouts he creates for his clients in order to continue the movement in a positive direction. “It’s easy for people to fall into a repetitive exercise routine and experience minimal results.” His practice of adjusting and tweaking the program keeps the body from becoming accustomed as well keeps the training sessions fresh.

Once efforts in the gym physically reveal themselves, Sean’s clients feel motivated to continue striving toward their goals with enthusiasm. Sean’s training techniques are efficient and bring the client to a higher place of well-being.



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