

# **Adam Abreu**

## **Certified Personal Trainer**

### Background

Originally from the Dominican Republic, Adam came to Florida from New York State. He is a former Marine fluent in English, Spanish and Italian.

### Education/ Experience

Certified by the International Sports Science Association, Adam is an American Fitness Athletic Association group instructor. He is a Golden Gloves boxer and a US Olympic Track & Field qualifier. He played baseball in the Dominican Republic and did Track & Field in high school and college. He also has extensive experience coaching these sports.

### Personal Training

Adam has 30 years of personal training experience. He has helped clients with

- Weight Loss
- Weight Gain
- Building Muscle & Flexibility
- Increase Muscle Strength
- Aerobic Fitness

Adam is able to tailor a fitness program to an individual's ability and goals. He believes that we should train for life, not for life events. Exercise is a celebration of where your body has been and where it is going. When working with a client he starts with their personal strengths and builds on that, focusing on proper form and execution. Good fundamentals are essential for all fitness levels from those just starting out to the seasoned athlete. Your body can stand almost anything, it's your mind you have to convince!

Availability – Daily Monday-Saturday

