

Megan Adams - Trainer Bio

When you start training for life, you stop caring about 'how long it is going to take'.

Motto: Don't let fear of embarrassment stop you from trying new things.

Areas of expertise:

- General strength training
 - Beginner friendly; program planning and form assistance; accountability tools; gaining confidence in the gym; client education; sustainable training habits and mindsets
- Support for the “everyday athlete”
 - Helping everyday people feel more athletic again. Strength and conditioning support for your athletic hobbies; returning to sport; introducing plyometrics into your program; staying mobile while training.
- Beginner boxing
 - Learn the basics, practice with someone who can help you advance faster by getting specific feedback and session planning.

Certifications:

- International Sports Science Association (ISSA) Certified Personal Trainer
- Registered Massage Therapist

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