

James Seoane

Hometown

Fairfax, VA

Certifications/ Education

- Major: Health, Fitness, & Recreation Resources- Physical Education- Senior
- NASM Certified Personal Trainer
- First Aid
- CPR and AED certified

Specialization (if any)

- Flexibility
- Body Composition (Fat Loss)
- Muscle and Bone Health
- Functional Strength

How do you stay active?

I enjoy maintaining a regular weight lifting routine. My routine includes power lifting exercises, strongman workouts, regular cardiovascular and conditioning training, kettlebells, pre-habilitating and Olympic lifts. Routine can be as few as three days to six days a week.

Client Testimonials

"I just wanted to let you know how much progress I have made with Jimmy Seoane as my trainer. Since September I've gained 15 pounds and lost a pants size, which I would never have thought possible."