

# 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 have never thought possible.”