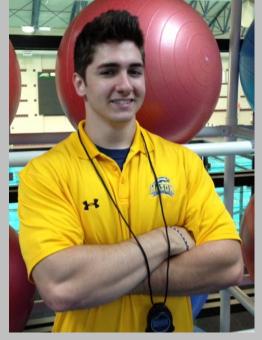
James Seoane



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, prehabilitating 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."