

Abigail Sizemore

(479)-399-1156



Training Philosophy

"As a personal trainer, my mission is to empower my clients to unlock their full potential through building not only muscle, but also confidence & resilience. I create a positive, motivating environment where clients feel inspired to push beyond their limits & celebrate every step of progress. My goal is to help each person become stronger, more confident, & proud of their dedication to growth."

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training
Cardiovascular Conditioning & Endurance
Functional Fitness & Daily Movement Patterns

Available Hours

Weekdays: Early Mornings/Mornings/Afternoons
Weekends: Mornings