

Michael Osborn

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Training Philosophy

“The greatest things in life are on the other side of fear.”

Certifications

NSCA Strength & Conditioning Specialist
Functional Movement Screening Certified
Movement Training System Specialist

Specializations

Strength and Resistance Training
Cardiovascular Conditioning & Endurance
Flexibility & Mobility Enhancement
Weight Management & Fat Loss
Post Injury Rehabilitation & Corrective Exercise
Functional Fitness & Daily Movement Patterns

Available Hours

Contact Michael for Availability