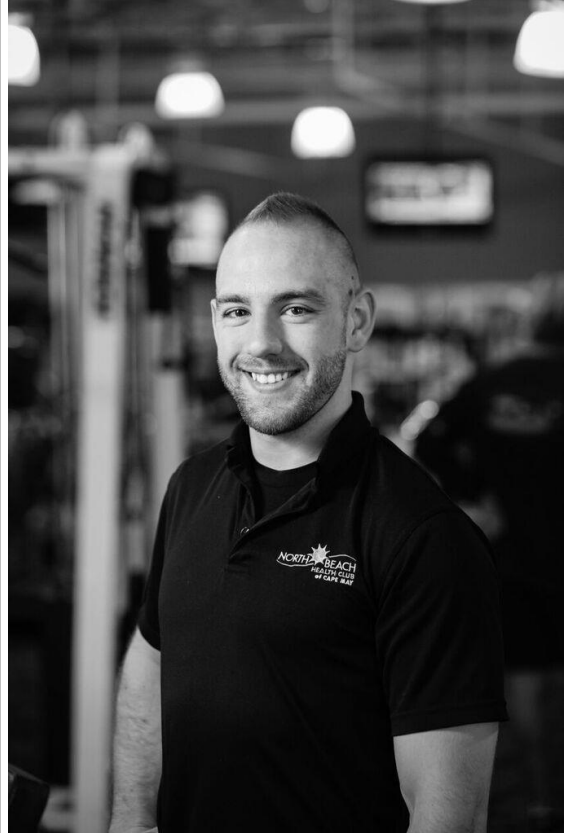


# STEVEN OTTER EMBLAZED FITNESS

## CERTIFICATIONS

- AAAI/ISMA Personal Trainer Certified
- AAAI/ISMA Sports Nutrition Certified
- AAAI/ISMA Strength & Weight Consultant Certified
- Crossfit/Brazilian Jiu-jitsu/Muy Thai/ Practitioner



## STYLE

Whether you are new to the gym or you are looking for a fresh start in fitness, or a seasoned athlete looking to add an extra edge, I will help bring out the best in you no matter what your current fitness level is or your past or current injuries. By guiding you through customized programs, progress tracking, general dietary consultation, and specialized movement coaching, I can and will help you towards your personalized goals and needs. I specialize in training for strength, weight loss, functional fitness, and correcting muscle imbalances.

## CONTACT & PRICING:

**Contact Steven at (609) 408-3086**

<b>1 Session - \$45</b>	<b>3 Sessions - \$120</b>
<b>10 Sessions - \$350</b>	<b>20 Sessions - \$650</b>