

PERSONAL TRAINER PROFILE

PERSONAL TRAINER: KEVAN KESHVADIAN



CERTIFICATIONS:

- B.A. English and World Literature, Pitzer College
- Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association

BACKGROUND:

Every person is different, and what works for one may not work for another, but what we all have in common is the ability to reach our goals through hard, smart training and determination. For the past two years, I've pushed many of my clients past what they believed were their physical limits. I believe in intense training programs that are rich in variety, and that challenge not only the muscles and the cardiovascular system, but also the link between the mind and the body. Having trained in boxing, I often implement aspects of the sport into my training sessions, including focus mitt and heavy bag work. I have yet to meet a person who doesn't love to get a great workout by throwing some punches and relieving some stress.

In my spare time, I love to stay active through various sports like trail running and boxing. I also enjoy playing the piano and listening to a wide-range of music.

SPECIALTIES: FUNCTIONAL TRAINING – CORE TRAINING—SPORT-SPECIFIC TRAINING – POWER AND SPEED ENHANCEMENT – CARDIOVASCULAR CONDITIONING