

Jose Lima

Jose Lima: Miami Personal Trainer

Jose Lima is a self-described "people person." He pursued his degree and personal training certification with the desire and goal of helping people improve their lives by improving their health and fitness levels. Jose is an active athlete himself, competing over the years in American Football and body building. He describes his training style as powerful and he specializes in sports specific conditioning, Iron man training, and bodybuilding. His personable nature and genuine interest in his clients and their fitness goals, ensures that everyone Jose works with is going to receive the best possible program to fit their lifestyle needs.

Jose understands the importance of dedication and knows what it takes to help you achieve even the most difficult tasks. Jose Lima has also completed numerous races ranging from sprint distance triathlons all the way up to half marathons. If you are interested in just general fitness or completing an ironman, Jose "L-Train" Lima can make it happen for you.

Certifications:

1. Certified as a Personal Trainer by the Aerobics and Fitness Association of America (AFAA).

Specialties:

1. Weight Loss or Weight Gain
2. Toning and Firming
3. Event Specific training: Bodybuilding, Fitness, Mixed Martial Arts, Fire Fighter Physical Prep, Police, & Military Training