

GET STRONGER GET LEANER GET HEALTHIER

With a regular strength training program you can reduce body fat, increase muscle mass, and burn calories more efficiently.



BUILD MUSCLE

We train your muscles, not destroy them. Even if your training is perfect, an incomplete diet will prevent, minimize or stall any gains in muscle, fat loss or conditioning. All weight training programs also include videos providing a demonstration of each recommended exercise.

BURN FAT

Plans designed to reduce overall body fat and to increase muscle. The muscle training portion focuses on core muscle groups specifically legs, chest & back, to increase overall fat burning.

CONTROL YOUR WEIGHT

Whether you want to lose weight, tone up or build muscle, you need to create a sustainable, tailored eating pattern that produces the results you want.

BEACH BODY LOOK

Perfect for the person who wants to get in shape yesterday. Clients interact with a trainer 5 to 6 times a week with a primary goal of getting you into shape at an accelerated pace.

BOOST ATHLETIC PERFORMANCE

Experienced in developing customized strength, flexibility, cardio, and nutrition plans for you based on your goals, availability to exercise, current fitness level, etc. to directly drive measurable increases in athletic performance.

THE BODY IS A MACHINE - TIME FOR A TUNE-UP

Everyone is different. This is why a personal trainer takes your individual requirements into consideration and creates a nutritional plan and exercise program that corresponds directly to your expectations.

BODYBUILDING

Offering specialized programs geared toward physique competitors like bodybuilders, fitness and figure athletes as well as fitness models. Includes but not limited to: training, nutrition, supplementation and stage presence.

SPORTS PERFORMANCE TRAINING

Perfect for the weekend warrior, student or professional athlete and is dedicated to increasing speed, power, and agility. The Athletic Plan is perfect for softball, soccer, basketball, volleyball and football players, golf, surfing, snowboarding and skiing enthusiasts.

BODY SCULPTING & BODY TONING

Advanced plan focuses on training both large and small muscle groups and aims towards polishing aesthetics – specifically small waist, perfect abs and butt, and nice broad back and shoulders. This plan is primarily used by models and actors or anyone who has a desire to look like one. Perfect for the person who has already achieved some level of conditioning and is just looking to take it to the next level.

NUTRITIONAL PLANS

Personalized, unique Diet Assessment and Nutritional Plans that show you how to eat based on what you eat, and makes suggestions on food choices that are in line with your lifestyle and fitness goals. If you ignore your diet, exercise alone, won't change your body the way you want it to.

GROUP FITNESS TRAINING

Provides a workout experience that is sure to leave you wanting more! All Group Fitness classes include modifications for all fitness levels to ensure that everyone can take a step toward meeting their fitness goals.

WEIGHT LOSS TRAINING

Designed for you to achieve maximum fat loss in the minimum amount of time. It incorporates the best of cardiovascular exercise and weight training with a comprehensive nutritional dietary plan.

USE IT OR LOSE IT

Focused on finding the right kind of challenge to keep you focused and engaged, as well as provide sufficient muscle confusion to drive continuous progress improvement in your muscle development & conditioning.

Sign Up NOW!

www.OPTIMUMBODY.com
Ph: 301.876.4944 or 888.281.9438



EXPERIENCE MATTERS

Optimum Body, LLC., one of the premier Certified VIRTUAL Personal Training and Fitness Nutrition companies since 1985 with a focus on meeting expectations and delivering results for our clients. If you are looking for someone to encourage, train and educate you and help you achieve your "Optimum Body," look no further...

FITNESS GURUS

Extensive experience in health and fitness related fields to include managerial, fitness, nutrition and sales positions in the health club industry. We hold several fitness certifications as well as having an on-staff Licensed and Registered Dietitian.

OUR STRATEGY

We firmly believe that the best way to manage one's life is to set goals. Together we define a clear strategy, goals and milestones we want to reach. During our first consultation we will set reasonable and achievable goals and define the results you can expect.

PERSONALIZED TRAINING

We specialize in weight loss, nutrition, toning, general conditioning and body building. Providing Virtual and On-Site Personal Training and Nutritional Services, with fun, educational and specialized programs for pre-teens, teenagers, adults, seniors, models and athletes.