

Live Your LIFE Today

Let's take your last Before picture and I'll walk you to the After.

ACTIVATE NOW

SIGN IN

Who is KEVIN LOCKHART?

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Why lift with me?



Best PRICE Guaranteed

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Best RESULTS Guaranteed

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New LIFE Guaranteed

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OUR PARTNERS...



How much can you lift?



Complete Workout Plans

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The Last Trainer You'll Ever Need

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<input type="checkbox"/>	Workout Plan	Stage
<input checked="" type="checkbox"/>	Muscle Gain	Level 3
<input type="checkbox"/>	Weight Loss	Level 2
<input checked="" type="checkbox"/>	General Health	Level 1



What our clients are SAYING...



" We wanted to train for the Disney Marathon but 25 miles seemed so grueling. Kevin was able to get us toned, trained and ready to compete! I would recommend Kevin's detailed diet and workout plan to my closest friends and family. "

- Barry & Iris West



All Ages & Disabilities

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Floor Map

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See You Soon

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Let's Lift

123 Lift Way
Orlando, FL
USA

