

Do you want to lose some weight or get back into shape without having to spend a cent on equipment or a gym membership? If you answered yes, then calisthenics classes are the perfect solution! All ages and fitness levels are welcome and encouraged.

We can train at a park of your choice in Lake City, SC or the greater Pee Dee area of South Carolina. If you are not sure what park to choose, I prefer the following due to the equipment available at each, and the convenience of their locations: Lions Park in Lake City SC, McCleod Park, Timrod Park, and Brooks-McCall Park in Florence SC. Other locations in these areas are negotiable (such as gyms or studios that work with independent contractors). We can also train at the Lake City Fitness Center, located at 148 Sauls St, Lake City SC. There is bodyweight training equipment available, as well as machines and free weights.

Schedule your FREE initial consultation today! At our initial meeting, we can discuss your situation, goals, and how I can help. We can also discuss your current fitness levels so that we can create a customized training plan. Once we start training, we will cover basic movement patterns and postures.

E-mail - owen@strengthcalisthenics.com

My rates and discounts: <http://tiny.cc/personaltraining>

I am a qualified and experienced calisthenics instructor. I teach strength training routines that will melt the calories away and are tailored to your individual needs and goals. As a personal trainer, I also take proper form and technique very seriously to ensure that you not only get the best workout possible but also learn some cool athletic skills. Seeing a new skill click with a trainee and helping him/her meet his/her fitness goals are always the most satisfying parts of the job!

Calisthenics classes can also address a variety of other needs. We can arrange low-impact sessions especially if you are coming back from an injury or medical condition. We can also address general mobility and joint health. Lastly, I can help with stress relief through practice of mindfulness and moving meditation in every exercise.

"What is progressive calisthenics all about?"

I teach minimalist, body-weight-only movements and athletics. Progressive calisthenics can be very intense and effective. It also doesn't require you to spend a single cent on equipment or gym memberships. Your body is the only machine you need! Not only can it be healthy and beneficial, but it can also be done almost anywhere with some creativity and knowledge of the principles of progression.

The learning process is what I enjoy the most, and I try my very best to share this process with each client. There is a wide world of techniques, goals, and exercises. Every person is different and has different goals. As such, I try to take the journey with them. I love being able to help someone become a better version of himself/herself!

I have worked with many types of athletes, including professional boxers, amateur wrestlers, karate students, and gymnasts of varying levels of ability. I also have experience working with clients with different experience levels and goals, from total beginner to fitness enthusiasts looking to learn something new. It is rewarding to work with such a wide variety of people and learning styles!

"What are your qualifications and experience?"

About Me

I am a highly qualified and enthusiastic fitness professional. I am experienced in developing physical fitness programs and am dedicated to keeping up with trends and developments in the fitness industry. I ensure that all workouts utilize proper techniques and the appropriate training intensity.

Areas of expertise:

- *Strength and Conditioning
- *Advance Strength Calisthenics
- *Fitness Plan Development
- *Specific/Measureable Goal Planning
- *Competitive Athlete Training

For more information on my experience and qualifications, visit my profile - <http://www.owenjohnston.net>

Check out my videos to see me in action - <https://www.youtube.com/playlist?list=PL2qestyNYUEoPKGmbH1iGFoc9rwZZiVRK>