



Press Releases

Personal Trainer Albuquerque Upward Motion Personal Training Offers Personal Training to Albuquerque Basketball Players

Starting March 2012 Albuquerque basketball players are being offered the personal training programs from Upward Motion Personal Training

Albuquerque, New Mexico is known for the University Arena Basketball Complex, otherwise known as "The Pit". It is also known for developing very good basketball players, both at the high school level, and at the University of New Mexico. There is a finite number of NCAA Division I program basketball player scholarships and an even lower number of NBA™ player positions. To be the best player and get a scholarship or even better, get drafted into the NBA™, both extreme talent and an incredible amount of hard work is required. To that end, Upward Motion Personal Training is now offering their personal training program to basketball players at all levels, including grade school, junior high, high school, junior college and college. The focus of the program will be written and goal specific with specific targets for strength, vertical leap, court speed and fast twitch muscle fiber growth. Winning a basketball scholarship at any level or just making the final 13 picked by a coach on the junior high, middle school or high school team is a great accomplishment. Upward Motion Personal Training does everything it can within its power for any of their personal training clients to be successful, especially athletes trying to be the best they can be at whatever team level goals they are striving to meet.

About [Upward Motion Personal Training](#)

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Women's Butt and Gut Classes, Piloxing classes, an [on-line store](#) , [Corporate Wellness Programs](#), and Upward Motion Personal Training's Y.E.S. To Success Program. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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