



Press Releases

[Personal Training Gym Upward Motion Personal Training Offers Personal Training To Albuquerque Football Players](#)

Beginning in March 2012 Albuquerque football players are being offered the personal training programs from Albuquerque's Upward Motion Personal Training

Albuquerque personal training company Upward Motion Personal Training, a company that offers both fitness exercise classes and personal training, works directly with all types of athletes. In today's world of super competitiveness football players are no different than any other athlete, they want to win. Knowing this fact, Upward Motion Personal Training has rolled out their personal training to football players in the Albuquerque market. The focus of the program will be goal specific with targets for strength, agility, 40 yard dash speed time, vertical leap and standing broad jump. Competing successfully at all levels requires extra hard work and extreme commitment, especially if a football player wants to succeed themselves, help their team succeed, and with hard work, win a scholarship. When a football player signs up with Upward Motion Personal Training they will receive a written program including goals, time lines, coaching, encouragement and support.

There are approximately 120 NCAA division 1 programs in the United States offering 85 scholarships each totaling 10,200. That means when a football player in Albuquerque sets their sights on winning one of those scholarships to a large degree they have to be in the top 460 players at their position out of 1000's and 1000's of high school football players in the country. Besides working hard with their team, and playing great during the season, the other way to be one of the best players is to work with a personal trainer to make sure that they make that desire and goal into a reality.

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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