

Upward Motion Personal Training, an Albuquerque, NM, Based Personal Training Gym, Announces Athletic Training for Albuquerque Football Players July 2014

Athletic training for football players of all skill levels know that the expert tutelage of a certified personal trainer is nothing new. But what is new for some football players is the ability and the knowledge of knowing that Upward Motion Personal Training, an Albuquerque personal training gym, is now offering this service to football players in the great metropolitan area. Athletes from all sports want to do what is necessary to get that extra edge over the competition in sport and in football that edge can be gained by hiring a personal trainer for both overall improvement in all the areas of the sport including strength and agility, but also to gain an advantage in becoming a football player in the best condition possible.

Upward Motion Personal Training encourages football players and parents of those players to contact the company to discuss hiring one of the company's certified personal trainers for athletic training for the sport of football. Once the company's personal trainer is hired the athlete and the trainer will meet, discuss and record current fitness levels and then set up an exercise plan with written goals, times and dates to reach those goals. The plan, the athlete and the trainer will work in harmony to do everything possible to help meet the goals that have been written down.

About [Upward Motion Personal Training](#):

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Shockwave Group Training Classes and Indo-Row Group Training Classes. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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