

## **Upward Motion Personal Training, a Personal Training Studio in Albuquerque, NM, Announces its March 2014 On-Line Articles Line-Up**

Personal training, personal trainers and personal training studios are very big business these days and particularly in Albuquerque, NM. Upward Motion Personal Training, a personal training studio located at 336 Adams St. SE, Albuquerque, NM has been in business for 5 good years. The company has a built month in and month out strategy set up to add new information via written articles, to its website to make sure that it provides the most up to date current workout and fitness information available. To date the company has added north of 180 articles to its Articles web page with more being added each month. Below is a list of the articles that were added to the company's website during the month of March 2014. They list of articles is as follows:

- **Group Training Classes - Team Work and Group Workouts Make Fitness Fun**
- **Jumping Rope-Low Tech Calorie Burner**
- **Over the Road Bike Training - Why Road Training is Great Cardio**
- **Personal Trainer - Why Working with One Is a Huge Difference Maker**
- **Roller Blading - The Ultimate Calorie Burner | Here's Why**
- **Speed Walking with Dumbbells**
- **Spinning Classes - Team Work Calorie Burning**
- **Swimming: One of the Best Cardio Exercises and Why**
- **Top 10 Cardio Exercise Routines**
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Each article includes a PDF version of the site. The PDF of the article features links back to the Upward Motion Personal Training website, which ideally will further enhance the company's on-going goal of being the best personal training gym in the City of Albuquerque, because if or when the document gets indexed by Google, the document will further show that the company is all about providing great workout and fitness information to everyone.

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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