

Team Jafar Fitness, LLC.



What type of trainer are you?

My first concern is my client's health and well-being, so I am very deliberate in understanding any health concerns and limitations UP FRONT, so I can provide safe but challenging training. I push my clients beyond their mental barriers (which is usually the hardest part), but in no way am I a silent trainer. I hold my clients accountable as they do the same of me.

Do you meal prep?

No, but I am willing to discuss ways to structure your diet to help you reach fitness goals.

What type of training do you do?

Boxing and fitness training.

Boxing starts at 8+ years of age and continues through professional training. As a Certified USA Boxing Coach, clients have the option to compete.

Fitness training is based on individualized body goals. Whether the training is focused on weight loss, strength and conditioning or cross-fit. Training is facilitated by personal guidance or small groups. NO BOOTCAMP TRAINING (at this time).

Do you do home visits or train at other facilities?

No.

How long will it take to see results?

Every client has seen results! You will too! Clients must understand everyone's body, eating habits, health, goals and a host of other things are different. That said, all of my (consistent) clients who follow the workouts and regimens provided have seen results within the first month. The numbers on the scale, their waistline, or in body mass have all varied, but they are much closer to their goal!

[~See Results Page~](#)

Do I have to bring equipment?

Everything you will use for your session will be available in the gym. For comfort, I recommend a workout mat, weight gloves, towel and water.