

# Amber Terrell

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## Training Philosophy

“My goal with each client is to give them the most complete workout, utilizing our session time by taking them through full body workouts that are efficient & effective. Weight loss, increased muscle tone, strength, endurance & an overall improved fitness level is what I strive for when helping my clients.”

## Certifications

ACE Certified Personal Trainer

## Specializations

Strength & Resistance Training

Weight Management & Fat loss

Functional Fitness & Daily Movement Patterns

Pre & Post Natal Training

## Available Hours

Weekdays: Early Mornings/Mornings