

# Continuous Motion

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OverviewContinuous motion is a one - on- one personal training service designed to help you obtain and retain the body that you always wanted. With more than 10 years of experience in the fitness industry I have created a program based on the concept of continuous body motion utilizing resistance bands and body weight suspension training that will produce optimal muscle recruitment and lean muscle gain. Also we offer specialized programing for bad posture and post rehab services

for knee, shoulder, a

AddressContinuous Motion is located in 12 W 21st St Fl 2, New York, NY, 10010

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