



METROWEST YMCA

Personal Trainer: VIVEK K.

EXPERIENCE/AREAS OF EXPERTISE:

Strength training, athletic performance, corrective exercise, pain management, post injury/injury prevention

EDUCATION & CERTIFICATIONS:

NASM Certified Personal Trainer, Certified Functional Training Coach, Yoga Teacher Training Certification, Certified Stretching Coach, Intern at Mike Boyle Strength Training & Conditioning (2024), Postural Restoration, Anatomy & Fascia, Functional Strength Training, Osteoporosis

ACTIVITIES/HOBBIES/INTERESTS:

Hiking, reading, baking, exercise, yoga, and meditation

PHILOSOPHY:

“Move often, move well. The body is designed to move. Our lifestyles can make this challenging, which is why I believe in Functional Training – training the body in ways it is intended to move.

“By training various exercises in all planes of motion through full range of motion, we can reduce the chance of injury and maintain ability to perform activities of daily living or enhance sport performance.”

Ready to get started? Fill out this form:

Personal Training Interest Form