



## Amanda Abelian

Personal Trainer

loves sushi - fun, energetic, and determined - super organized and detailed - silly dog owner - small but mighty (like resistance bands)

Amanda Abelian has a deep desire to help her clients stay focused and determined. Their goals, are her goals. Her inspiration is living a life of passion and helping others, and she wants to show clients how good their lives can be when they unlock their potential. She likes to use the HIIT format (high intensity interval training), but ultimately, her training style depends on each client and their specific goals. All skill levels are welcome to train with her because intensity levels are customized to meet their needs.

What's the biggest misconception about personal training?

"The biggest misconception is that it's not personal. With me, it's as personal as possible. Through a detailed assessment and analysis, I'll be able to construct your specific program aimed to meet your detailed goals."

### Certifications & Experience

- Certified Personal Trainer
- Pilates Instructor
- Named Among Top 10 Female Trainers in Los Angeles

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