



## **Personal Training and Strength Conditioning in Aventura**

Coro Fitness is the leading fitness, nutrition and performance company serving Aventura, Hallandale Beach, Sunny Isles Beach, Miami Beach, Coral Gables, Ft. Lauderdale and outer lying areas in South Florida.

The Coro Fitness performance coaches that serve Aventura can train clients in their condominiums, outdoors, at the Olympia Gym in Aventura where we have a special agreement, or in our Coro Fitness studio to come in 2009. The world of strength conditioning and personal training has been heavily influenced by the bodybuilding concepts and hypertrophy methodologies.

Aventura Coro Fitness performance coaches train their clients with the most advanced methodologies available, that does not aim exclusively to aesthetic goals but optimize health, body functions and athleticism in line with your age. Coro Fitness aims that its clients obtain the body they dream of, being able to develop strength they can use in daily life or chosen sport, that they can run quickly if necessary or anything else that you want to do. It is useless to have a nice body if you are out of breath carrying your groceries; fitness is the ability to do everything you want to do. Coro Fitness' clients in Aventura reach their goal of optimal shape and perform at their best in their daily life. Athletes of any age and level reach superstar performances while increasing career longevity and reducing their risk of injury. Seniors maintain their vitality, strength and reduce their falling; youths develop love for sport and stay active, while new moms get back in shape or we guide them through their pregnancy.

How does Coro Fitness do that with their Aventura clients?

One system does not have it all, the mistake that most trainers or strength and conditioning coaches make is to use only weight training systems - or what today is the "buzz" word in fitness - through only functional training methodologies.

Coro Fitness trains its Aventura clients through a hybrid system using weight training methods, weight training machines and functional/core training methodology in the same workout, tailored to special requirements, age, fitness level and nutritional requirements, meaning that you will get the best of all.

You cannot just workout at the same intensity all the time, doing the same routine for months or even years, train for hours and so on. Coro Fitness' clients change routine every 2-4 weeks, increase and cycle progressively the intensity, balance their weakest muscles in order to avoid injury (in most cases injury happens due to muscle unbalance, over-training and training at high intensity for too long), and strengthen the core muscles. You need to know where you want to go, use the right methodologies and make a plan how to reach your goals in order to succeed.

The reason why many people do not have the body they would like or do not perform at their best is sometimes nutrition related. In most cases the failure is due to the following reasons: excessive cardiovascular training, the intensity is too low, not performing the exercise properly, not knowing what to do, the routine is not structured correctly or performing the same routine for months, using only bodybuilding methodologies and weight training machines or functional training only. On the other side, people get injured due to too much training, using always the same intensity that is usually high and not knowing how to balance the weak areas of the musculature. If you live in Aventura, Coro Fitness performance coaches will make a difference in your life.