



IMPROPER POSTURE IS AN IMPOSTER; PROPER ALIGNMENT IS REFINEMENT

PERSONAL TRAINER – PAUL DORSEY

PERSONAL TRAINER PRICES -DESCRIPTIONS- SERVICES -DURATION

TRAINING BLOCKED SESSIONS FOR ONE

(includes specialty services)

- ◇ 6 sessions - \$360 (use within 30 days)
- ◇ 8 sessions - \$480 (use within 45 days)
- ◇ 10 sessions - \$600 (use within 60 days)
- ◇ 12 sessions - \$720 (use within 60 days)
- ◇ Muscle imbalance assessment tests - \$30 (use within 7 days)

*PAUL DORSEY - FITNESS COACH,
CORRECTIVE EXERCISE SPECIALIST, ADVID
CYCLIST*



TRAINING BLOCKED SESSIONS FOR 2

(includes specialty services)

- ◇ 6 sessions - \$450 (use within 30 days)
- ◇ 8 sessions - \$600 (use within 45 days)
- ◇ 10 sessions - \$750 (use within 60 days)

Specialty Services Corrective exercises

- ◇ Identify lumbar pelvic hip complex imbalances and corrective exercise programming to promote proper muscle alignment
- ◇ Shoulder and thoracic back assessment and exercises
- ◇ Hamstring and quadriceps muscle imbalance
- ◇ Transitional movement assessments
- ◇ Dynamic movement assessments
- ◇ Core strength building
- ◇ Cardio vascular assessment and fitness programming
- ◇ Resistance strength training
- ◇ Customize fitness programming
- ◇ Fitness programming for young and older adults (ages 18 and above)

**ACE →
CERTIFIED**



*NASM (National Academy of Sports Medicine)
Corrective Exercise Specialist)*

ACE (American Council on Exercise) Personal Trainer

*Contact: Paul Dorsey 301-221-6159 or email
dorman48@verizon.net*

