

Mihai

Personal Trainer

Mihai is a muscle head and fitness freak. He enjoys living an active lifestyle, including weight-lifting, biking, running and boxing in his everyday routine. He loves seeing dedicated people want to change their lives around, which is the reason why he started personal training. If you are dedicated and wish to transform yourself Mihai is the guy for you!


MIHAI IN ACTION





ACCOMPLISHMENTS





EXPERTISE


-  Aerobic Interval Training (Group classes)

-  Weight Management

-  Bodybuilding Training

-  Boxing Training

-  HIIT Workout

-  Freestyle Training



SUCCESS CASES



Thanks to Mihai I got the body I've always dreamed of. More importantly, I feel better than ever!

- Jonathan



Mihai made me realize what my body is capable of. What started off as weightloss turned into my love for fitness.

- Kasim



With the workouts and diet plans, I achieved my goals and fit into my wedding dress perfectly. Thanks Mihai!

- Maria



I signed up for the HIIT workout. Mihai knew exactly what he was doing & my trust in him brought great results.

- Habib

MIHAI SAYS

"My goal is to install long-term habitual changes. I want someone to look at me and say 'I didn't give up because of you!'"

Mihai

Personal Trainer, Be Fit