

# Kenneth Carl Salazar

Choreography  
6367 W 11th Pl  
United States

View the full portfolio at <http://www.thecreativefinder.com/kennethcarlsalazar>

## Professional Experience and Curriculum Vitae

I have been personal training for 18 years and I am a sole proprietor business owner. I offer a wide range of services in the Tulsa, Oklahoma area. I am a certified Exercise Physiologist through the American College of Sports Medicine (ACSM). I graduated from Indiana University of Oklahoma with a Bachelors of Science in Exercise Science in 2004. Your home workouts will have plenty of free weight access if that is what you're after. Worried about Covid-19 precautions? My traditional style of training is standing at least 6 feet away from clients. I have never been a "close spot" trainer. I always wear a n95 mask during sessions to protect both of us.

## Previous Clientele

Please kindly get in touch for more information.

## Awards and Accolades

Kenneth Carl Salazar's services are conducted at either your home or office. Your program will include a free consultation, free initial assessment, nutritional counseling, nutritional supplement advice, and a free trial session. Sessions will include: strength training, flexibility, corrective exercise, core, HIIT (High Intensity Interval Training), TRX Suspension Training, postural analysis/enhancement. Re-assessments are done every 2-3 weeks to make sure the results are there. Re-assessments include weight, tape measures, and body fat measures. Injuries? No worries. Carl Salazar is also a physical therapy aide and can incorporate physical therapy into your program, if needed. He provides all the fitness equipment for In-Home training. The equipment Carl Salazar will bring are: mat, stability ball, dumbbells, resistance tubes, and the TRX suspension trainer.

## Awards and Accolades

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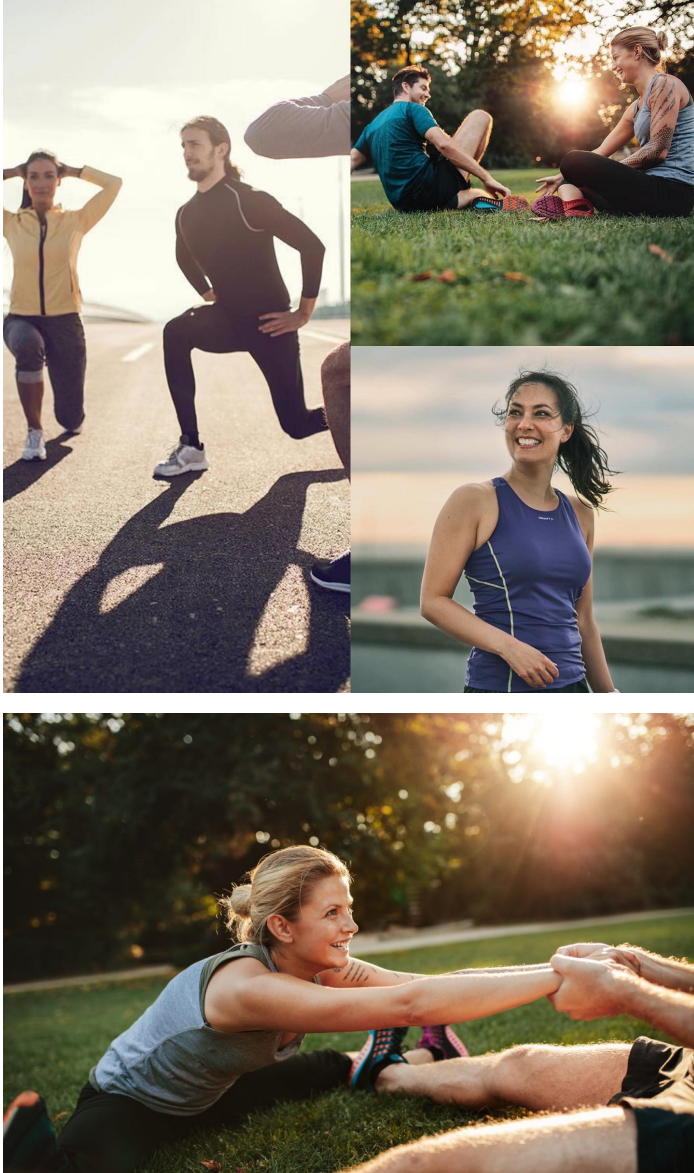


15b Lloyd Road Singapore 239098 (co. reg. 201004398N)  
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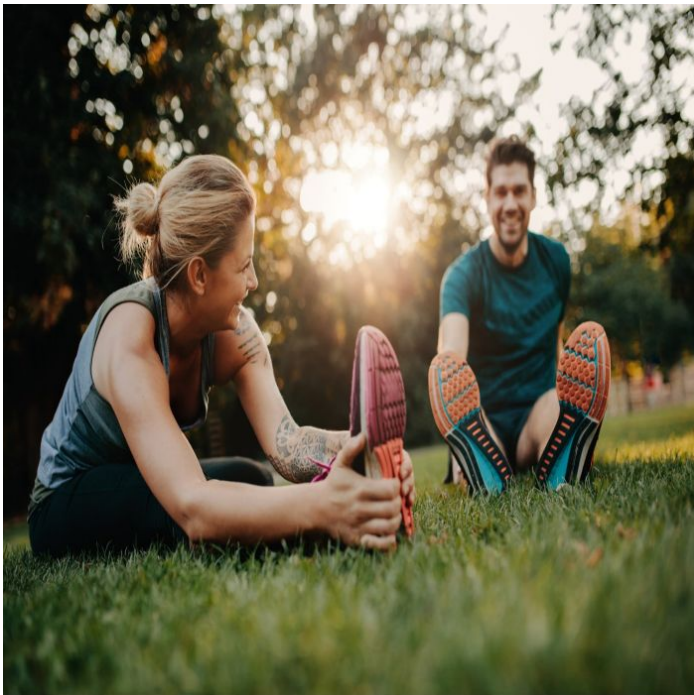


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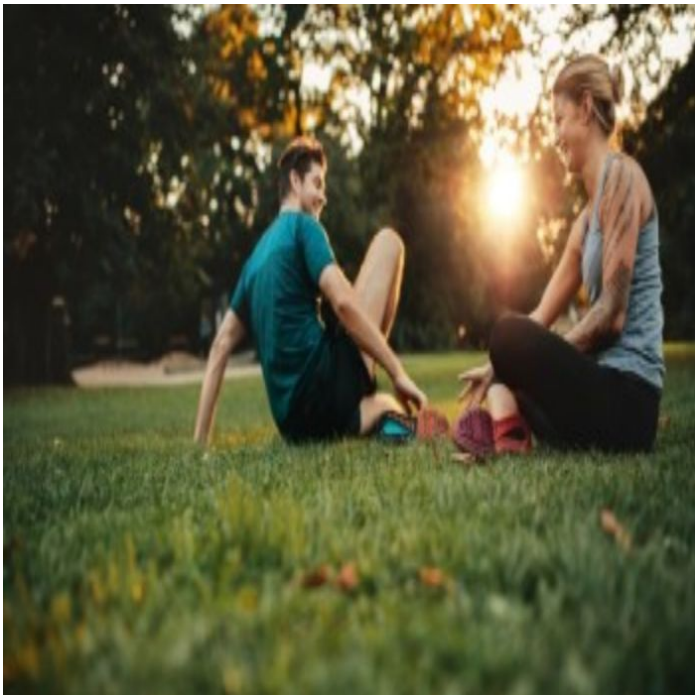


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