



THE *Elite Personal Training* MOTIVATOR

- ✓ Strength training
- ✓ Boomstick therapy
- ✓ Injury rehabilitation
- ✓ Weight loss
- ✓ Nutrition plan design
- ✓ Golf training specialist
- ✓ Wheelchair-friendly facility

Al Vishnevetsky Owner/Trainer



My goal is to provide an atmosphere unlike any other, where you feel welcome as if you are family. I go above and beyond the standard "call of duty" in the fitness industry to ensure you are provided with an unparalleled personal training experience. From the moment you step foot in the door, to the moment you walk out, and even beyond the time you've paid for, I will continuously support you in reaching your personal fitness goals.

My philosophy is to "train for life not for a goal; life is your biggest challenge—train to beat it!" Following this philosophy means my job as your personal trainer doesn't stop when the training session is over, because the biggest obstacles when it comes to maintaining a healthy active lifestyle occur not inside the gym, but out in the world-- at home, at work and at play.

Certifications

- Advanced IFPA Certified Personal Trainer
- ASFA Certified Senior Citizen Personal Trainer
- IFPA Certified Sport Nutrition Counselor
- IFPA Certified Post-Rehab Specialist
- IFPA Certified Golf Condition Specialist
- IFPA Certified Strength and Sports Conditioning Specialist
- Exercise and Diabetes Specialist
- Exercise and Osteoporosis Specialist
- Spine Recovery Specialist

Hometown

Tucson, Arizona (1982-Present)

About Me

I am happily married to the love of my life Kelli Vishnevetsky, my wife of 18 years. In my spare time, I enjoy spending time with my rescued Pitbull Oscar, watching professional sports including football, basketball, and MMA, ocean cruising, helping others, and taking care of my extended family.

Experience

- Personal Training (1985-present)
- Owner/Trainer, The Motivator (1996-present)
- Trainer, Marcel's Fitness & Personal Training, Tucson Arizona (2012-2014)
- Trainer, Body Parts, Tucson Arizona (1998-2008)
- Trainer, Performance Fitness, Tucson Arizona (2008-2012)

Testimonials

"Al takes the time to design a workout routine specifically geared to your needs, while taking into account your goals and limitations. I enjoy Al's personality and professionalism, as well as his very clean, state of the art gym.

– Debbie Edmonson, Tucson AZ

"I have had 13 knee surgeries and countless physical therapy sessions. I am so excited, relieved and astounded at what a huge amazing difference my training has made already!!!! Thank you Al for taking the time to help.

– Janna Adkins, Tucson AZ

"After 6 months of seeing a chiropractor and 3 months of PT stemming from a back injury in a car accident, Al was the only one to alleviate my back pain. You simply can't get this personalization anywhere else in Tucson....or anywhere else I'm aware of. If you want results, go see Al."

– David Walker, Tucson AZ

"Al's expertise and training have made a huge difference in the quality of my life. After two hip replacements at the age of 50 and no rehab, Al has helped me dramatically increase flexibility and build muscle making everything in life easier and more enjoyable."

– Mark Masson, Tucson AZ

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