

# Andrew Eppinger, NASM CPT



Andrew successfully works with a variety of clients. The majority of his clients train with him for weight loss, or purely to be pushed to a new physical limit when they're nearing a plateau in their training. Andrew combines his personal training expertise and group exercise experience into this dynamic program. Andrew also has experience helping individuals relieve knee, back and shoulder pain in order to live a healthy and pain free life.

*"I have really enjoyed working with Andrew. He is able to encourage me to work hard. I look forward to the weekly appointment and I try to follow through with diet and exercise in between the sessions. I have really noticed how much I have already improved in some areas of my workout. So, I give Andrew a big thumbs up." -Louise B., Bedford, MA*

*I had a training session with Andrew at the end of December and I have to say, without a doubt, he is the best trainer I have worked with. He pushed me to my limit, and beyond, which is exactly what I told him I wanted. I felt like I was at a plateau in my workouts and he pushed me to the next level and showed me techniques that I have continued to use to become stronger. -Kate T. Bedford, MA*