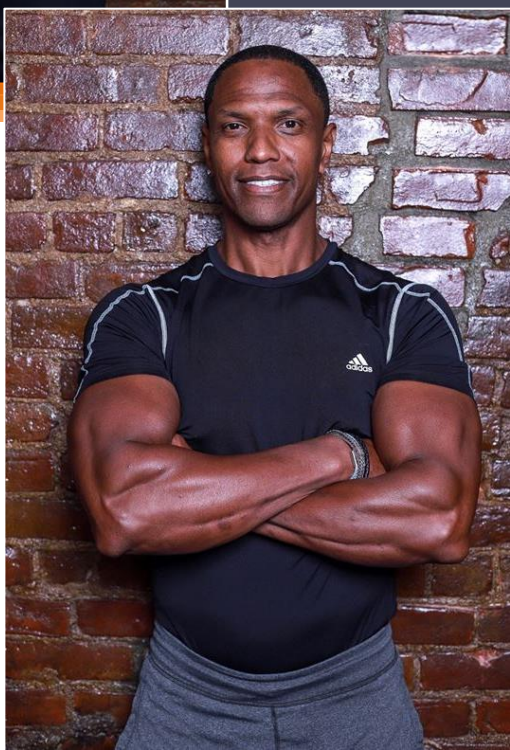




**Plemmie Lawson**

Plemmie (known as "Plem" to many) has offered full scale customized one-on-one training services for clients in the New York/ New Jersey area for the past 9 years. Plemmie is an AFT certified master level personal trainer who has led outdoor boot camps in group settings, traveled internationally with clients, and provided private in-home training for clientele who desire exclusivity. Plemmie has a reputation for being a knowledgeable, tough, hands-on master trainer who combines intense cardio, calisthenic, and weight training routines designed to quickly eradicate body fat and build lean muscle. Plemmie collaboratively works with his clients for diet and nutrition planning. With scores of clients as success stories, Plemmie also runs a hospitality business consultancy and is an adjunct professor at the Institute of Culinary Education in Manhattan.



**Rafael Ulloa**

Rafael Ulloa is an ISSA, NFPT and AFT certified master level personal trainer with over 20 years in the fitness and nutrition field. He is also a 3-star spinning instructor with diplomas in Nutrition, Diet/Health Science and Fitness and Exercise. His approach to personal training is completely customized based on the ability and goals of each individual client and he uses his background in nutrition to provide an overall plan that clients can incorporate into their daily lives. Rafael is a dynamic trainer who combines multiple techniques to create challenging and engaging sessions for his clients. Rafael's hour-long sessions combine cardiovascular and strength training as well as total body conditioning to maximize efficiency and results.

