



María Luz Rosat

PERSONAL TRAINER/FITNESS
COACH/STRETCHING TEACHER

CONTACT



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WORK EXPERIENCE

Functional training
Stretching classes
Personalized online plans

OTHER ACTIVITIES

ATHLETICS

ABOUT ME

AGE: 26
NATIONALITY: ARGENTINA

I AM A HARD-WORKING AND RESPONSIBLE
PERSON WHO LOVES WHAT HE DOES.
I LIKE MEETING PEOPLE AND EXPERIENCING
NEW CHALLENGES.

EDUCATION

Personal trainer - INAF
IFBB - physical trainer
IFBB - functional training
AMAIP - stretching
ISEP - sports nutrition

OTHER TRAININGS

Training for older adults

Training for pregnant
women

Sports injuries

Specialized training for
women

HIIT training

Biomechanics