

Angel Dale

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Training Philosophy

“Results come when you get after it. I teach my clients to train with purpose, using minimal effort to create maximum impact, because smart effort beats wasted energy. Discipline & efficiency are the foundation of my system.”

Certifications

NASM Certified Personal Trainer

NASM Certified Nutrition Coach

Specializations

Strength & Resistance Training

Sports Performance & Athletic training

Weight Management & Fat Loss

Available Hours

Weekdays: All day