



# ABHISHEK PILLAY

**Certified Personal trainer.**

## ABOUT

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I am Certified personal Trainer from ACSM, for me fitness is not something that I do for 1 hr training, its my lifestyle and I try to deliver same to my clients. With making workout joyfull, knowledgeable & intense. My aim is to make my client functionally fit and help them to move better in their day to day activity.

"The only person you are destined to become is the person you decide to be."

## EXPERTISE

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- Posture Correction
- Weight Management
- Sports Specific training
- Core Stabalisation
- Energy System
- Strength Training
- Glutes Training
- HIIT.

## INJURY PREVENTION

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- Ankle and foot Injury
- Knee injury
- Back injury
- Shoulder injury
- Elbow injury

## CERTIFICATIONS AND EXPERIENCE.

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- **American College of Sports Medicine certified personal trainer.**
- **Exercise Science Academy Certified personal trainer**
- **AED CPR Certified**
- **EXOS energy system Certified**
- **Dance Graduate from Shiamak Davar institute of performing arts.**
- **Founder of FOR MISFITS.**
  
- **With 7 years experience in Personal and group training.**

## SPECIAL POPULATION TRAINING FOR

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Diabetes  
Pregnancy  
Blood Pressure  
Arthritis  
Cardiac Patient  
Chronic Obstructive Pulmonary disease  
Obesity  
Exercise for Children.