

Lightning Fitness Equipment Practice Set Answers

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If you are looking for a gym that has a positive atmosphere, where like-minded individuals train hard and motivate each other, Lightning Fitness could be the place for you. Our priority is to provide you with the certified guidance, equipment, and environment to achieve YOUR fitness goals. We are a 12,000 square foot facility with absolutely everything you will need for your competition.

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Lightning Fitness offers group training in a motivating atmosphere. We do not run rushed timed circuits to get you in and out in 30 minutes. Our coaches take the time to teach you how to train properly. We are not a bootcamp and absolutely not a Crossfit gym. We do not have random workouts every day, our programs are methodical and track your progression.

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Equipment, fitness tools, and each pod will be sanitized after every use. Social Distancing As a one-on-one personal training studio, we're always valued customized attention to each of our clients. Taking it one step further to ensure your safety, we are following the minimum 6-foot separation guidelines.

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