



fitness

Meet the Trainers



Ben Liu

Through training young athletes and competing in strength sports himself, Ben has developed a passion for functional training. Since then, he has integrated an eclectic mix of principles and techniques from specific athletic regimens into everyday training.

Ben recently moved to DC from Florida where he trained many golfers to improve their game and posture. He is passionate for fitness and believes that everyone should train like an athlete and utilize the full potential of their bodies.



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