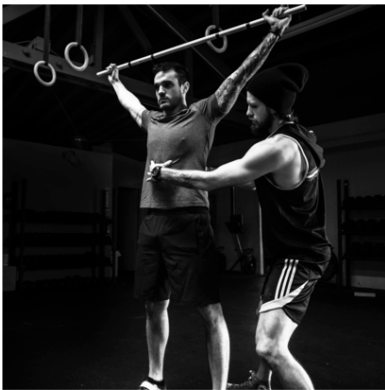
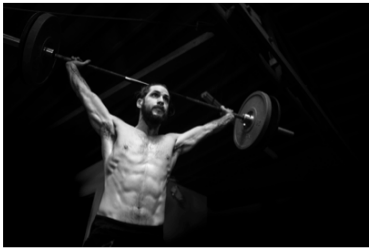


LA Run & Lift



BIO:

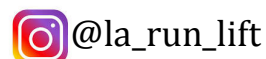
LA Run & Lift is a private training and coaching service run by Coach Neil Douglas, a life-long athlete and seeker of truth in the fitness industry. Neil believes in teaching the mastery of moment and technique, alongside intelligent programming. Some of the clients he trains are highly competitive athletes; others come to him for weight-loss. From Ultra Marathoners to clients with Cerebral Palsy, making people healthier and more efficient is what he does best-- "with the right mentality, your human machine can be trained to accomplish almost any task. To know the secrets of fitness is nothing more than to comprehend the science of...the art is the in the application. Science + Art = Coaching. The goal of LA Run & Lift is to make you the masterpiece you're capable of becoming."

Professional Certifications:

- National Academy of Science - Certified Personal Trainer/Corrective Exercise Specialist
- Functional Range Systems - Assessment/Mobility Specialist
- POSE Method Running Technique Specialist
- USA Weightlifting - Olympic Weightlifting Coach

W: www.larunandlift.com E: larunandlift@gmail.com

LA Connect Membership Deal



20% off PT packages

"Neil Ingham is a body scientist masquerading as a fitness enthusiast. He grounds every workout in such genius language and directives that you become an optimized machine. I am literally smarter inside my body in every movement and posture I engage. And his thinking stays with me throughout my day. You can't buy this level of athletic comprehension - and yet you can."

- Micheal N (Film/Television Writer)

"I am now lifting weights I never thought possible and can touch my toes any time I want. The physical changes have been incredible not just in strength but in my body awareness, I can now go through a full day at my desk with proper form and come home without an aching body. But the most unexpected and rewarding change for me has been mental. I now know what I can accomplish if I ask for the help and put in the hard work and that has made me a stronger more confident person in every aspect of my life."

- Allyssa S. (Film/Television Editor)