

Arthur James

(215)-390-7006



Training Philosophy

"I believe in creating a sustainable, science-backed fitness and routine that fits seamlessly into client's lifestyles, helping them build long-term habits rather than chasing quick fixes. My approach focuses on education, accountability, and individualized coaching to empower people to take control of their health, improve performance, and achieve lasting results."

Certifications

NCCPT Certified Personal Trainer
ISSA Nutrition Certified

Specializations

Strength & Resistance Training
Cardiovascular Conditioning & Endurance
Functional Fitness & Daily Movement Patterns

Available Hours

Weekdays & Weekends: All day