

Joe Aboagye



Welcome to Team Optimum personal training. Do you want to improve your fitness and get into better shape? Need help with your nutrition and exercise?

Joe is a passionate and highly qualified coach who can help you achieve your fitness goals in a fun and challenging way. Joe will help guide you through your fitness journey with excellent exercise programs, nutrition plans and the accountability you will need to achieve your goals.

PERSONAL TRAINER

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QUALIFICATIONS

BSc Strength Conditioning and Sports Coaching

CIMSPA Level 3 Personal Trainer

Registered Boxercise instructor
