

Paul Watson - Massage Therapist | Resistance Training Specialist

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Paul Watson is a founder and Master Trainer and brings 10 years of experience as a massage therapist.

His talents are rooted by a firm, educational base in anatomy and physiology. Paul utilizes a step-by-step approach to training that encourages his clients to find their intrinsic strength by transferring it through resistance. Strength gained from resistance is a proven technique which has empowered clients to reach maximum success in a well rounded form of mind/body balance.

Paul Watson holds certifications as a Medical Exercise and a Resistance training specialist.