

Mike Alves

Personal Trainer, Boston (Newton), MA

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CYB Boot Caps

Experience

Training Services

My Blog

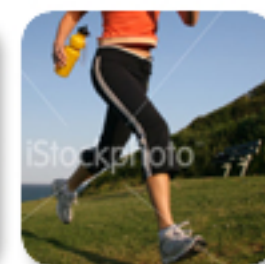
Equipment

Articles

Nutrition

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Are you ready to be in the best shape of your life?



If you answered YES, then today is YOUR day to make a change and you've come to the right place to get started!

I'm Mike Alves, your new coach, and I'm here to help you become the best you can be.

Do you want to move better, look better or perform better?

Please fill out my contact form and I'll get back to you as soon as I can to set up a short phone call.

Live for today, plan for tomorrow!

CHANGE YOUR BODY BOOT CAMPS

GUARANTEED BODY CHANGES FOR BUSY PEOPLE



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