CrossFit MYO Celebrates 2 Year Anniversary with Complimentary Passes for San Jose Residents

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San Jose, CA ? CrossFit MYO (http://myoperformance.com), has announced that in celebration of their 2 year anniversary, complimentary passes are available to all San Jose residents. CrossFit is based in San Jose and offers Personal Training and a results oriented workout program.

To celebrate the 2nd year anniversary of CrossFit Myo?s (CFMYO) growing success and increasing membership, they are offering complimentary passes to visit the gym and experience the workouts for all local San Jose residents looking for a results oriented workout program that is reasonably priced and backed by science and nutrition.

CrossFit Myo services all fitness levels ranging from no experience to seasoned CrossFitters at an unlimited monthly usage fee. CrossFit, strength and conditioning program, consists of a variety of exercises such as a mix of aerobics, gymnastics, body weight exercises, and weight lifting. CrossFit MYO?s approach stems from solid fundamentals that have been proven effective as well as correct technique, productive intensities,

and proper progressions. They believe that the most fun workouts are the ones that work. CFMYO believes in the benefits crossfit exercising can provide all experience levels.

San Jose, CA based CrossFit MYO provides safe, comprehensive and focused training systems. CrossFit stands behind four principals:

Understanding: CFMYO takes pride in making sure their clients not only know how to do the exercises correctly, but they connect that movement mind and body; believing that understanding how your body works is half the battle to great fitness.Results: By staying active, committed and not wasting time, results are guaranteed.Group: Support, through working in groups, motivates all to succeed. Everyone supports one another in their goals.Fun: By making each work out session fun encourages people to come back.

CrossFit Myo offers sports training, personal training and MYO consultation. CFMYO sports training services include 1-on-1, paired, and group training options. Personal training focuses on cardio conditioning, weight loss, toning and sculpting, postural correction, flexibility and strength. CFMYO personal trainers are certified and experienced.

About CrossFit MYO

Blane Diamond, Head Strength and Conditioning Coach, began playing youth sports at the age of 14. He started to study the rules and principals of exercise that would increase his understanding of fitness. This led him to obtain his B.S. in Kinesiology from San Jose State University, become a CrossFit Level 1 Certificate holder, certified by the National Academy of Sports Medicine and National Council of Certified Personal trainer's. He is a life long student of fitness and continues to advance his education in the Human sciences.

Blane has 11 years of experiences with Health & Fitness, coaching, and training. He has always had a strong interest in the science behind human movement. Blane has helped thousands of individuals achieve their many fitness goals and has true understanding of how to effect positive change. Blane has been training with Olympic lifting and the CrossFit method since 2008. He lives fitness everyday and has a deep desire to assist others in realizing their full potential.

Taylor Foos, Strength and Conditioning Coach & Youth Small Group Director, has always been involved in sports and exercise. He was a student athlete at Leland High School and played baseball at the collegiate level. Taylor's passion for sports and instruction led him into coaching. In this role, he has been able to help

hundreds of youth athletes excel at their sport.

Taylor has 10 years of experiences with Coaching and training. He has a strong focus in baseball. He is a Crossfit level 1 Certificate holder and specializes in youth sports training. Taylor has been training with the Crossfit method since 2010 and loves the competitive nature of the workouts. He strives to stay active and use his training as a way to conquer physical and mental obstacles.

Eric Newton, Director of Operations and Coach, has a passion for athletics and fitness that started in High School. He excelled in baseball at Leland High School and Santa Clara University. After completing his degree in Communications, he was drafted by the Milwaukee Brewers and spent 3 years playing professionally.

Eric has 13 years of experience with Health & Fitness, coaching and training. He has developed a true passion for helping others reach their fitness goals. He enjoys the challenge of exercise and has been training with the CrossFit method since 2009. As a coach and former professional baseball player, Eric understands the dramatic effect proper training can have for athletes looking to improve.

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