

This Is What My Clients Are Saying

As you know, I have trained with you on and off since 1994. Last year, I decided to begin training consistently, and have traveled Cortland (from Rochester) once a week for a training session since June, 2004. While I expected to see a significant increase in my martial arts ability, strength and fitness, I've been amazed at it's magnitude. In fact, although I've been an athlete all my life, and involved in the martial arts for 20 years, I am by far in the BEST SHAPE I've ever been in -at thirty-five...The information you teach is invaluable and deserves to be heard by the broadest audience possible. Thank you!
William Faucette Jr.

Kevin is a highly organized, intuitive coach. His teaching ability and style makes it easy to understand and absorb the material. I have used the techniques he taught me to improve my performance and excel way beyond my previous capability. Excellent program, worth ten times what I paid.
-Dr. John H. Sherman

I truly enjoyed the opportunity to work with one of the BEST instructors I have ever met. Kevin's knowledge, enthusiasm, overall passion for what he teaches and truly believes in is evident.
-Jason Bond
Former New York State Diving Champion and Coach

Kevin Seaman is one of these people that come around once in a lifetime. The only regret I have is that I didn't start training with him sooner.
-Drew Butler
Cornell Graduate

Mr. Seaman's abilities are exceptional...I give Mr. Seaman my highest recommendation for working in the field of performance coaching and working with athletes of all ages and skill levels.
-Timothy A. Lamey
Exercise Physiologist

East West Martial Arts PERSONAL TRAINING SERVICES

**Are you looking
for a training
program that
can give you
powerful
results?**

Let me show you why people say I'm
the BEST trainer they've ever worked
with and worth every penny!

Why is My Personal Training System Different? I've Spent 35 Years of My Life Training with some of The Best, and I Will Share The Incredible Secrets I Learned with You.

My name is Kevin Seaman. For almost two decades I have been one of the most sought after Fitness Experts in New York State. Why? Because I achieve amazing results! Over the past 35 years, I've studied with some of the finest Martial Arts Masters, Exercise Physiologists and Professional Trainers in the world. Not only that, I have had the incredible opportunity to train with Bruce Lee's Top Student and Protégé, Dan Inosanto for the past 21 years. My background as a Professional Personal Trainer has spanned nearly 25 years. During that time period I have worked as a coach and trainer at Cornell University for 12 years and owned my own Gym for nearly 20 years. I've worked with and taught thousands of men, women and children, some were even state, national, and world champions, high performing athletes from all walks of life! The most extraordinary result of this interaction is what I have also learned from these elite individuals. This has provided me with a wealth of knowledge.

My goal is to help my clients achieve optimum results, to train them with a Fitness System that they can use to separate themselves from where they are to who they want to be, into a class above everyone else. Not only have I applied these strategies to hundreds of success driven athletes but... I have used them to personally fight full contact in the Orient and become a world champion at nearly 40 years old, achieve the rank of eight separate Black Belts in various martial arts, and become a three time Hall of Fame inductee. For the past few years I have taught this fitness success system to my Personal Training Clients, members of my Gym, and select students and athletes at Cornell University, almost exclusively and **I will teach it to you!**

Fitness is a State of Mind - I ask every athlete and coach this question. To succeed, how much of the outcome is attributed to physical and how much is mental? The answer ranges from 50/50 to 80% mental and 20% physical. I then ask them, as I now ask you, what do you do to train your psychological side? 99% of the time they stare at me, searching for an answer. **I have the answer! If you haven't tapped into the mental side; you are at best, at 50% of your potential. I will train your mind and your body!**

Let Me Show You Why I Can Help You Achieve Your Health and Fitness Goals

1. I have experience like *no other* personal trainer in CNY .
2. I fully understand what it takes to be at your optimum and how to get you there. At 51 years old, I'm personally in better shape than 98% of my peers.
3. I have helped thousands of individuals accomplish their fitness goals and go beyond what they believed was possible.
4. I will tailor your workout for your needs, not give you a generic training program.

5. My goal is to teach you how to train yourself, not hold your hand twice a week. I want you to not need me anymore. I will help you to understand the fundamentals of building and maintaining your personal fitness routine and how to change it as you progress. I have an extensive background in strength, conditioning, plyometric and cardiovascular training.

6. With my four point Full Body Fitness program I will meet with you less, therefor increasing the value of what you receive, making it more cost effective. What I do is unique and highly effective, you will see the results. I guarantee it!

7. Even if you have been training for years, I will show you how to improve yourself to reach your personal optimum.

8. I understand the mental aspect of personal achievement in regard to athletics, I will help you change the KEY elements that will guarantee your success.

List of Credentials and Accreditations

- *AFLA Certified Physical Trainer
- *25 Years as a Professional Educator and Trainer
- *35 Years Experience in Martial Arts
- *Eight Separate Black Belts in different Martial Arts Systems
- *3 X Hall of Fame Inductee
- * Extensive Background in Nutrition
- *Boxing Coach with 18 Years Experience
- *Personally Certified over 50 Black Belt Students
- *Permanently Certified Police Defensive Tactics Trainer
- *Red Cross First Aid, CPR and AED Certified
- *Successfully Operated my own Gym for nearly 20 Years
- *4 Years Experience as a Professional Performance Consultant
(in 2005 alone, I've worked with hundreds of amateur athletes, over ninety Professional Athletes, 2 Olympic Athletes and an Olympic Coach)

Personal Performance Coaching \$40. per session

Personal Fitness Training \$50. per session

Martial Arts Personal Training \$60. per session

Discounts are available for time blocks of 5 sessions.

All Personal Training sessions include an initial half hour personal consultation at no charge.

If you're not totally satisfied after your first session, it's on me.

RESULTS ARE GUARANTEED OR YOU PAY ME NOTHING!

To set up a free consultation 607-423-5159 or
kevin@thewinningmindset.com