

# Leistungsbeschreibung

## Personal Trainer Sascha Langenberg

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g fdsg f dsg fdgf dg fdg fd gfdg fdsg fdg f dg fdg fd gfdsg



Sascha  
Langenberg

## Angebot

### Trainingsregionen

- Oldenburg
- Wilhelmshaven
- Friesland
- Ammerland

### Qualifikationen

- Fitnessfachwirt
- Personal Trainer (BSA)
- Mental Coach

### Schwerpunkte

- Gesundheit
- Ernährung
- Rehabilitation
- Lebensqualität