



In Home Personal Training

You can have effective and inspired personal training in your own home, condo, or condo exercise room. For your goals, I tailor a comprehensive training program which will give you more energy, strength, and balance

I bring all kinds of equipment, so a wide variety of exercises can be done. Many people really like training in their home. For them, it is comfortable and it saves them time. I help my clients feel better and improve the direction of their health. They learn how to avoid pain and disease. They discover the true happiness of being healthy.

My job is to partner with you to accomplish your goals in the most effective and safest way. The first step is to do an Assessment. We sit down and talk in depth about your goals, lifestyle, health history, and current fitness level. I'll do a detailed posture analysis, movement screen, and check range of motion of shoulders, hamstrings, etc. [Read More](#)



1 ON 1 IN HOME



TRAINING PROGRAM



TRAINING TIPS



About Tim Lawless

Certified personal trainer and lifestyle coach Tim Lawless brings custom health and fitness workouts to your home or condo for improved strength, flexibility, aerobic vitality, balance and healthy weight loss.

Contact Tim

Tim Lawless, CPT
19795 Cottagewood Rd
Deephaven, MN 55331 U.S.A
tlawlesscpt@gmail.net
PH: 952-401-1997
FX: 952-401-1997