



LEE HAMILTON

CERTIFIED PERSONAL TRAINER

For me, fitness has never been just a hobby, it's been a passion since I was a teenager.

Early on, I fell in love with the process: putting in the work, staying consistent, and watching effort turn into tangible progress.

Today, my biggest drive is introducing that exact same joy to my clients.

I believe great personal training goes far beyond counting reps and tracking sets. It's about building a genuine relationship, understanding your unique goals, and supporting you every step of the way.

Fitness is a journey of continuous growth. Let's work together to build a stronger, more confident version of you.

As a certified personal trainer since 2018, I specialize in strength training and bodybuilding.

Over the years, I've helped clients of all experience levels:

- Build functional strength to feel powerful in and out of the gym
- Pack on lean muscle mass with effective, targeted programming
- Shed body fat while maintaining energy and mobility

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