



# Randall Hunt Teaches How to Train for Optimal Performance with Injuries

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ORLANDO, FLORIDA, UNITED STATES, April 22, 2020 /EINPresswire.com/ -- [Randall Hunt has](#) been a supreme force in the athletic industry due in large part to his innovative mind and ability to rise above the challenges that he's faced in his career and life in general. More recently, Randall Hunt has developed training methods that keep the athlete moving while in recovery from injury.

## Randall Hunt Turns a Challenge Into an Ambition to Help Others

Randall Hunt was in a serious car accident while he was in college. His arm was severely injured and even though he underwent physical therapy and surgery with some of the best doctors and surgeons in the world, the prognosis remained the same - he wouldn't regain full use of the arm and would have to deal with chronic pain.

Instead of just accepting defeat, Randall Hunt decided to work harder and learn about his pain as well as the human body and how it works. He knew that it might be a long shot but that it would be well worthwhile if he could alleviate some of his pain and have greater use of his arm. After some failed attempts, he developed a system for optimal nerve and muscle development. At this point, he rid himself of pain and had full use of his injured arm. Randall Hunt went on to win golf tournaments and came up with his Bionetic system that now is used by the United States Olympic Training Center and by professional athletes elsewhere.

## Athletic Apex and the Vision of Randall Hunt

It's important to note that Randall Hunt always has been a strong supporter of athletics around the world. When he regained use of his arm through his own ingenuity, he decided that it was time to put this more into practice. Today, he is hard at work with personal training as well as further improvements on his Bionetics system that already has helped many people. It all starts with a complimentary consultation in order to gather details such as your age, gender, and some of your health background. Then, the team can assist the individual in coming up with a training plan that best meets their needs at optimizing their performance and showing them how to train with consideration of their injuries.

## Customized Training Programs Are Key for [Randall Hunt and](#) His Team

[Randall Hunt finds](#) it necessary to customize every individual's training program. This also is the case with every personal trainer who is employed by his company. With a personalized approach and positive attitudes all around, this is a winning system. Be sure to reach out via the Randall Hunt website contact page to get more information.

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