

# Personal Trainer Paul Medina of Capital Energy Training Recently Featured on Close Up Radio

WASHINGTON, DC, UNITED STATES, March 19, 2025 /EINPresswire.com/ -- Paul Medina, founder of Capital Energy Training, is offering a revolutionary personalized luxury personal training service in the Washington, DC area. Capital Energy Training is catering to individuals who are looking for tailored fitness plans that transcend the typical gym experience, infusing wellness with elite, individualized care.

Medina, an athlete since the age of five, offers extensive experience and insights into sports injuries, rehabilitation, and physiology. While studying at Hagerstown Community College, Ohio State, and earning a BS from Towson University, a profound realization struck him: effective training is not exclusive to athletes. This insight led him to develop methodologies that help everyone, regardless of age or fitness level, to achieve optimal physical wellness.



Medina's approach is a refined blend of art and science, leveraging his understanding of anatomy and nervous system functioning to tailor workouts that enhance movement and improve health. "My biggest 'Aha!' moment came when I realized the potential to customize the fitness journey for everyone," Medina shares. "Understanding how the body works in space allows us to customize training that induces real, visible changes."

Capital Energy Training boasts collaborations with respected wellness entities such as Capital Cryo, integrating cryotherapy into client routines. "Cryotherapy is a game-changer in recovery and performance," explains Medina. "Post-workout cryo sessions help diminish lactic acid build-up, improve collagen repair, reduce inflammation, and enhance recovery speed, placing clients in

better physical states for both daily functions and future workouts.”

Another notable collaboration is with Wim Hof, renowned globally for his extreme resilience to cold and innovative breathing techniques. Medina’s association with Hof’s philosophies has further amplified Capital Energy Training’s offerings. Clients benefit from meditation and breathing practices known to reduce stress and boost energy levels, transforming one’s approach to health holistically.

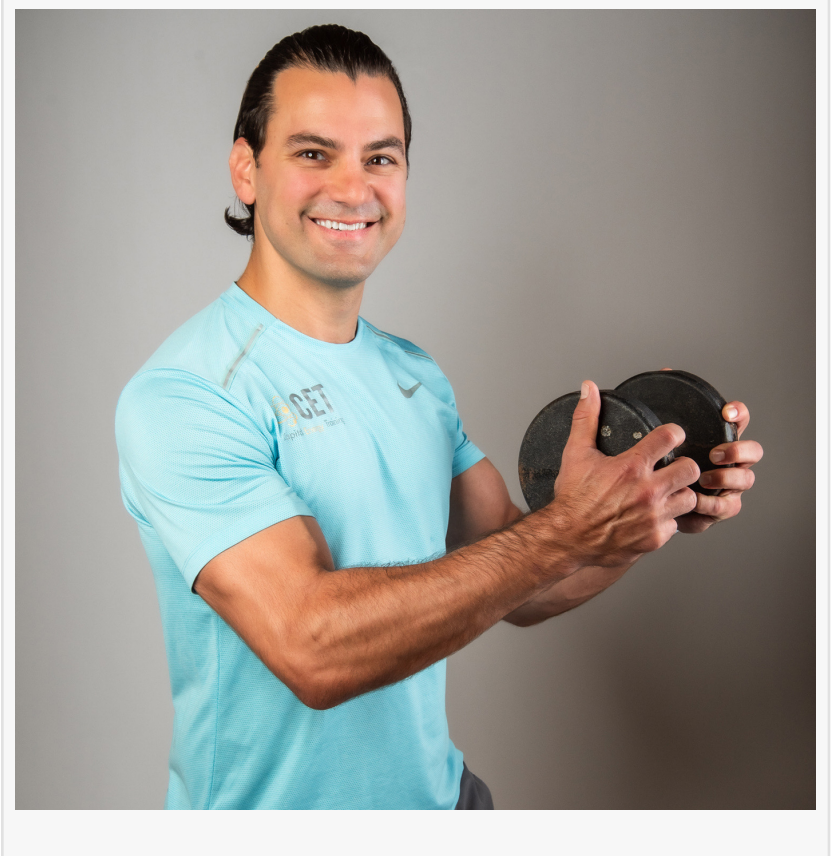
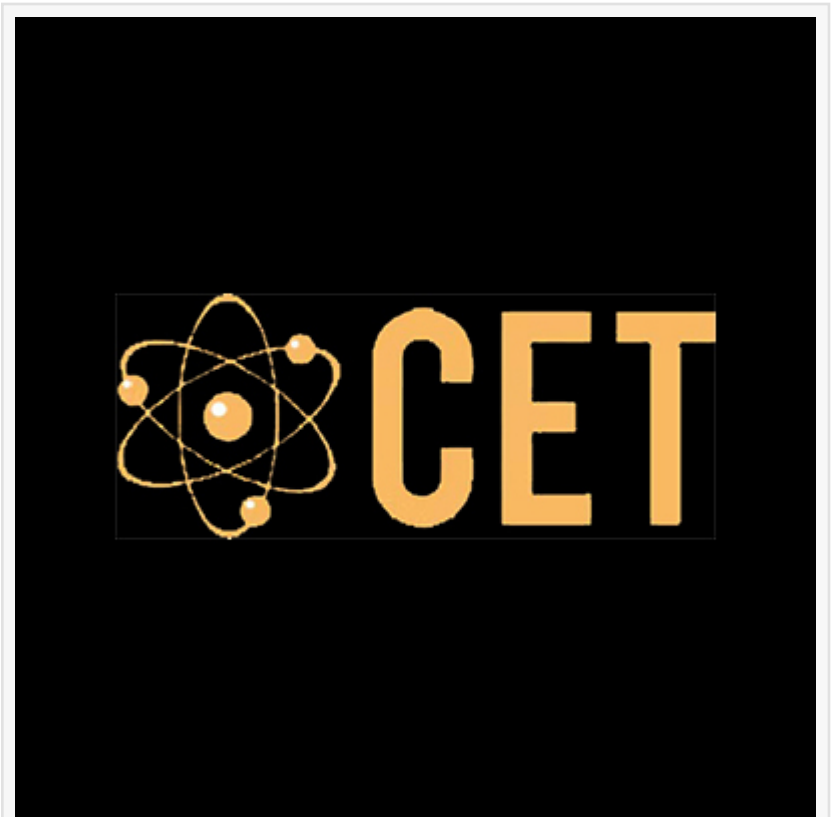
#### Community Commitments and Charitable Influence

Beyond premium workouts, Capital Energy Training is dedicated to giving back to the community. This philosophy echoes through Medina’s active participation in community initiatives, including the Polar Plunge, Brendan Looney Foundation, the Sasha Bruce Youthwork, the Lido’s club, Truman Charites, and Knights of Columbus. These partnerships underscore the company’s commitment to fostering healthier communities and supporting underprivileged individuals.

Being an active member of various civic and humanitarian organizations, Medina also advocates for the importance of exercise when combating societal health challenges.

“Exercise is not just a physical activity; it has the power to transform mental health and overall life quality. We extend our expertise to elevate every individual’s potential.”

#### A Promising Future and Client-Centric Approach



As the luxury fitness realm continues to evolve, Capital Energy Training stands at the forefront by offering a diverse range of services from hands-on therapeutic sessions to functional movement systems. Clients are not only encouraged to undertake physical transformations but also embrace lifestyle changes that promote better sleep, balanced nutrition, and mental wellness.

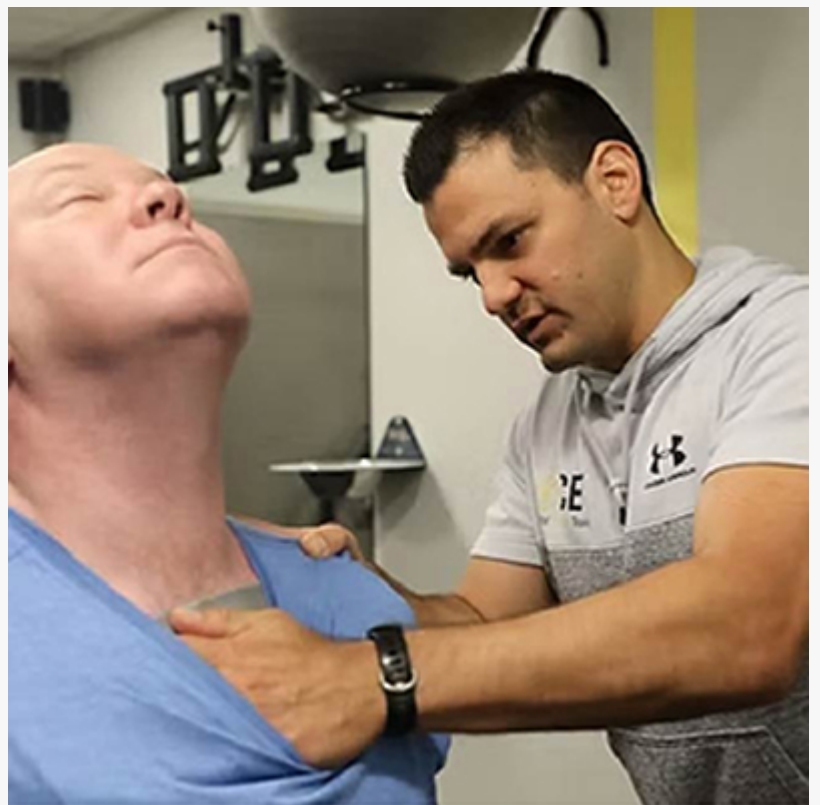
“We harness the potential in each individual by maximizing strengths while honoring and working with limitations,” says Medina. “Our innovative Concierge Service is designed to meet clients where they are, whether in their homes or offices, to provide unmatched convenience and personalized care.”

With a state-of-the-art studio equipped with an infrared sauna and other advanced fitness technologies, clients benefit from a premium environment tailored to enhance their wellness journeys.

Capital Energy Training is accepting new clients who desire to redefine their health paths with personalized training that promises transformation. Whether it's improving athletic performance or achieving everyday health goals, Paul Medina and his team offer a luxurious gateway to fitness excellence.

About Capital Energy Training

Founded by Paul Medina, Capital Energy Training offers premier personal training services based



in Washington, D.C. Specializing in luxurious, personalized solutions, Paul is dedicated to elevating client wellness through innovative exercise programs, community engagement, and partnerships with leading wellness experts and technologies.

Close Up Radio recently featured Paul Medina and his client, Alex Siegel (producer, singer, songwriter, composer), in an interview with Jim Masters on Thursday, March 13th at 10am EST

[Listen to the Podcast](#)

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For more information about Paul Medina, please visit <https://www.capitalenergytraining.com/>

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