

Hillsboro Barbell - Hillsboro

hillsboro

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hillsboro

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Discover Hillsboro Barbell: Your Go-To Gym in Hillsboro, Oregon

If you're looking for a gym that caters to all fitness levels while ensuring accessibility, **Hillsboro Barbell** is the perfect choice. Located in **Hillsboro, Oregon**, this facility stands out not just for its exceptional services but also for its commitment to inclusivity.

Accessibility Features

One of the key highlights of Hillsboro Barbell is its **wheelchair-accessible car park**. This ensures that everyone can easily access the gym without any

hassle. Moreover, the ****wheelchair-accessible entrance**** makes it easier for individuals with mobility challenges to enjoy the facilities without obstacles.

Expert Training at Your Fingertips

At Hillsboro Barbell, you will find experienced trainers like Adolfo, who provide personalized guidance tailored to your needs. As one new member noted, "Adolfo gave me some tips on deadlifting," which significantly enhanced their understanding of proper form. This expert advice is invaluable for beginners who may have previously relied on home workouts or online videos.

The Powerlifting Community

Not only does Hillsboro Barbell offer ****24/7 gym access**** and a wide range of ****specialty equipment****, but it also boasts a robust community. As a patron shared, it's "my first powerlifting gym and definitely my only one I'll ever need!" From newcomers to seasoned lifters, the supportive atmosphere encourages everyone to achieve their fitness goals.

Customized Fitness Programs

Alongside personal training, Hillsboro Barbell provides comprehensive ****nutrition and diet plans****. Whether you're looking to build strength or learn more about powerlifting, custom workout routines are available to suit your individual fitness journey.

A Motivating Experience

The exceptional coaching at Hillsboro Barbell is complemented by a motivating community. Members describe it as a place where "you can build strength" and pursue your fitness aspirations alongside like-minded individuals. The gym is particularly welcoming to Spanish speakers, fostering a sense of belonging and camaraderie.

Conclusion

In summary, Hillsboro Barbell is more than just a gym; it's a community that prioritizes ****accessibility, expert coaching****, and ****supportive experiences**** for all its members. Whether you are a beginner or a seasoned athlete, you will find a home here that caters to your every fitness need.

Our premises are located at

2401 NE Cornell Rd J, 97124 Hillsboro, Oregon - United States (US)

The phone number of the mentioned **Gym** is +1971-293-2117

And if you want to send a WhatsApp, you can do so at +1971-293-2117

We are available at these times:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is [Hillsboro Barbell](#)

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Images



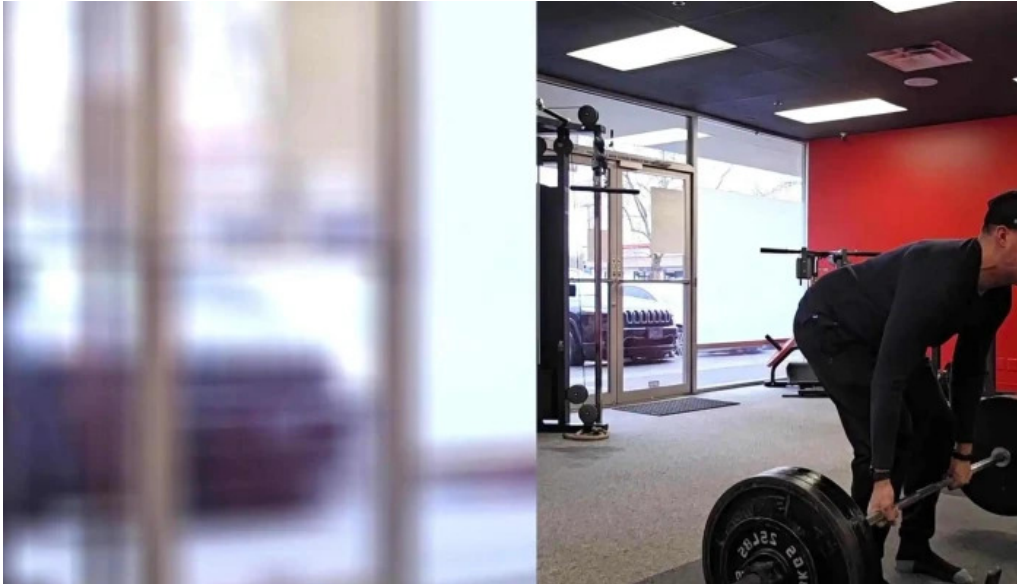
Hillsboro barbell street view 360deg



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Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

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