

MOBILE P.T - KICK BOXING-MUAY THAI - BOXING - HIIT



Location **London, London**
<https://www.freeadsz.co.uk/x-589428-z>



I offer mobile-tailored personal training sessions in Muay Thai- Kick Boxing - Boxing- Weight Training and HIIT.

I understand that due to hectic society lifestyle, time is a factor in making it to the gym. Hence, the reason why I've made it easier by coming to you.

I have the appropriate equipment so no need to purchase gloves etc.

Just a little about my training journey, I started training in kickboxing at the age of 10 which lead me to cross train into Muay Thai (The art of eight limbs), Boxing and Krav Maga for over 20 years.

Sports Fitness & Coaching is what I am most obsessive about, and am currently in my 2nd Year studying a Sports Science and Coaching Degree.

I've had the honour in training under the guidance of 3 times world Muay Thai champion (Salah the Beast Khalifa). So rest assured, you are in safe hands.

I coach all ages, and the sessions incorporate the following:

- Strength & Conditioning
- Cardio / Circuit Training
- HIIT
- Muay Thai - Kick Boxing - Boxing

Benefits from my session:

- Fat Burning -even after the workout has ended
- Increased Muscle Tone

-Increased Anaerobic/ Aerobic Fitness

- Increased Core Strength
- Improved Strength
- Improved Coordination
- Improved Balance
- Improved Confidence & Self Esteem

Kick Start your training by picking up the phone and give me a call or email me, remember summer is only around the corner.



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