

BUILDING a STRONGER, FITTER and HEALTHIER BODY to LIVE IN.

Sports Specific & Online personal training now available  
Also 1/3/5 Day Detox Plans & Nutrition Plans

## Want to LOSE WEIGHT and BODY FAT?

Want to TONE UP & be STRONGER?

Want RESULTS but don't have the TIME, CONFIDENCE or MOTIVATION to go to the GYM?

Want to be in an environment you feel COMFORTABLE in?

Want to take your training to the next level?

Need a new CHALLENGE?

Want to improve in your SPORT?

Then don't hesitate to BOOK a

**\*FREE no obligation CONSULTATION & HEALTH ASSESSMENT\***

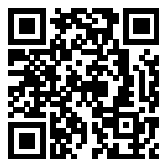
Rebuild Personal Training - Richard Birkett can INSPIRE and HELP you BUILD the BODY you want.

Whatever your AGE, ABILITY or FITNESS LEVEL i'm here to HELP you achieve your ultimate GOAL!

It's Fun, Friendly and for all ages and abilities (14 years +).



Mobile Personal Training  
FREE CONSULTATION amp  
HEALTH ASSESSMENT -  
Professional amp Unique  
<http://www.freedosz.co.uk/x-1747>



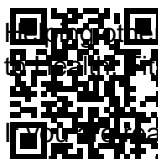
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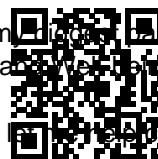
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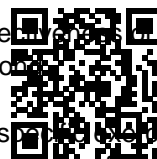
Prices may vary



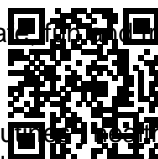
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Price: £41-2



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Free of charge  
FREE CONSULTATION and  
HEALTH ASSESSMENT  
Professional and Unique  
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FREE CONSULTATION amp  
HEALTH ASSESSMENT  
Professional amp Unique  
Support  
[www.freedasz.co.uk/x-1747](http://www.freedasz.co.uk/x-1747)  
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I am prepared to help you change your life through sports & exercise routines. With my nutritional challenges plus much more, then I am here to ensure you are safe, relaxed and comfortable.

If you require more information on Prices, General enquiries please contact me.

Prices may vary depending on distance been traveled. Terms and Conditions