

Fitness and bodybuilding personal trainer and nutritionist



Location

East of England, Cambridgeshire

<https://www.freeadsz.co.uk/x-433988-z>



A one of a kind "old school" approach on fitness and bodybuilding.

Taking you there a lot faster! Getting results don't have to take forever.

Reshape your body dramatically in just 3 months. Close to you every step of the way:

- nutrition, diet, supplements
- training and goal planning
- mental and physical strength
- anabolics advice I've started from the idea that not everyone can afford to pay £30-£50 for an hour with a personal trainer in the gym. And even if you have the money, how many hours a month can you commit to? 5, 10, 15 a month? You can spend tens of hours a month in the gym but... without the right nutrition and supplements you will not grow... without the right diet and training schedule you will not get fit. I offer my clients a 2-3 month "make the most out of it" package that includes everything: right training, what, when and how much to eat, what supplements to take, mental and physical support, advice on rest and recovery... everything needed to get the best possible results. We can even go buying the right food for your needs together. I charge a straight up fee of £240/month. My job is, for the time we work together, to support you with every step towards achieving your target. If you want to put size on you, we will be getting bigger together. If you want to lose weight, we will be getting fitter together. I will make your personal goal my own goal. A guru is not just a personal trainer only teaching you in the gym. A guru is not just a nutritionist telling you what to eat. A guru is not someone you pay by the hour. A guru supports you through all of the above, checks on your results 5 times a week, is there when you need him, is capable of adapting fast to your particular needs and successfully gets you to your desired look. To either

gain or lose, bulk up or get shredded. Please email or call me with your desired goal and the next step will be a free 15 min consultation, fact sheet and meeting.



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