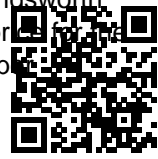




WERE YOU HAPPY WITH ALL THAT HARD WORK AT THE GYM, Summer has gone but its not over getting back into shape or achieving what you didn't should be the only thing on your mind. if your tired of saying this year will be different I will make that change, seeing all that time wasted doing the same exercises as everyone else in the gym hoping it will give you the same results in no time, then its time for that change. when it comes to the gym not knowing what works best for you and is this workout right, have I got the correct form, these are many things that stop you trying new things and pushing yourself, with guidance you can really get into shape and start working towards the reason why you joined a gym in the first place. I used to be over weight at one point in my life, I have experienced what it's like being at the point where you feel low and everything your doing is not working that's why having the help, someone to be there for you will make getting there easy, enjoyable and exciting, I studied different methods that can help not only weight loss and gaining muscle / strength, but give you that great sense of feeling about your body and mind. I use styles like HITT, plyometric, strengthen and conditioning and boxing to get these results. I understand the body and knowing what works best for you is the key to get the results you need My speciality - weight gain/ muscle increasing - Fat burning - weightloss - endurance training - plyometric training - HITT training - boxing - strength and conditioning - muscle and mind connection - movement screening - muscle building/shredding - muscle definition I offer support through all the time were together and after i like to follow the progress, I'm always a call or message away i offer dieting support, food plans and if needed I offer workouts during your own time. Im a qualified personal trainer and have other skills such as boxing, kettle bells, viper and much more, I can list the qualifications if you email me, the most important thing is how I can get you to that goal. I have a gym where we can

train you don't need a membership and one in which you would need, these are based in Wandsworth town centre. If you call, text or email, we can discuss this further and arrange a private or group of sessions and one you need like a 1hr package based on your needs only. Number



1-2-1 PERSONAL TRAINING  
TO GET YOU THERE

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