

Personal trainer

THIS IS YOUR DAY. START FRESH. EAT RIGHT. TRAIN HARD. LIVE HEALTHY. BE CONFIDENT.

# APT TRAINING

Level 4 specialist exercise instructor and personal trainer.

Personal & group training.  
Weight and nutrition management.  
Bio mechanical body composition assessments and block bookings available.  
Tailored beginner to advanced corrective, adaptive, progressive programs.



Pelvic programming and management of lower back pain.  
Ante and postnatal, postural and corrective exercises.  
Sport specific programs.  
Kettle bell and boxing training available.






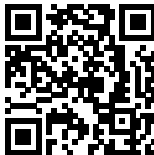



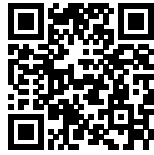


For whatever your aims contact andy at:  
Tel : 07753687974  
Email : andymassey@hotmail.com  
See me in the gym for an informal chat.

SET YOUR SIGHTS ON YOU WITH AIM PERSONAL TRAINING!

Location South East, West Sussex  
<https://www.freeadsz.co.uk/x-492740-z>  
Personal



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