

Personal training group training coaching amp motivation healthy lifestyle promoter



Location **East of England, Bedfordshire**
<https://www.freeadsz.co.uk/x-516931-z>

Hi, we are Fitbrothers,
 Your new personal trainer

If you want to learn about living a balanced, healthy lifestyle, while looking and feeling awesome, then this website is for you! Perhaps you're looking for extra motivation to reach a particular goal, you want to build confidence in the gym, or you need support coming back to exercise?

Our unique approach to personal training will ensure you achieve world class results no matter what your goals.
 It's not just a personal training. It's a LIFESTYLE!

Do you want to improve any of the following?

Fat loss
 Muscle and Strength development
 Cardiovascular Fitness
 Flexibility
 Sports Performance

If the answer is yes we offer arguably the most enjoyable, effective, safe workouts in Luton.

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- Group training,
 - Diet
 - Outdoor PT

We offer Personal Training in the gym or in your home, delivering a programme written specifically to meet your goals.

When we first meet you, we will spend the first session chatting about everything you want to get out of your training, how your diet and lifestyle might affect these goals and letting you ask any questions you have. We will also do an extensive set of health and fitness tests so we can get an accurate picture of where you're starting from and where you want to get to. We will use this information to write you a fitness report and to plan your training programmes.

Want to read more? Check your website!

www.fitbrothers.com