

# MOBILE P.T - KICK BOXING-MUAY THAI - BOXING - HIIT



Location **London, London**  
<https://www.freeadsz.co.uk/x-589428-z>



I offer mobile-tailored personal training sessions in Muay Thai- Kick Boxing - Boxing- Weight Training and HIIT.

I understand that due to hectic society lifestyle, time is a factor in making it to the gym. Hence, the reason why I've made it easier by coming to you.

I have the appropriate equipment so no need to purchase gloves etc.

Just a little about my training journey, I started training in kickboxing at the age of 10 which lead me to cross train into Muay Thai ( The art of eight limbs), Boxing and Krav Maga for over 20 years.

Sports Fitness & Coaching is what I am most obsessive about, and am currently in my 2nd Year studying a Sports Science and Coaching Degree.

I've had the honour in training under the guidance of 3 times world Muay Thai champion ( Salah the Beast Khalifa). So rest assured, you are in safe hands.

I coach all ages, and the sessions incorporate the following:

- Strength & Conditioning
- Cardio / Circuit Training
- HIIT
- Muay Thai - Kick Boxing - Boxing

Benefits from my session:

- Fat Burning -even after the workout has ended
- Increased Muscle Tone

-Increased Anaerobic/ Aerobic Fitness

-Increased Core Strength

-Improved Strength & Power

-Increased Self

-Improved Coordination & Agility

-Improved Confidence & Self Esteem

-Improved Cardiovascular Health

-Improved Flexibility

-Improved Balance

-Improved Endurance

-Improved Mental Health

-Improved Sleep

-Improved Appetite

-Improved Energy

-Improved Focus

-Improved Memory

-Improved Mood

-Improved Stress Management

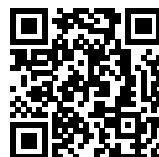
-Improved Overall Health

Kick Start your training by picking up the phone and give me a call or email me, remember summer is only around the corner.



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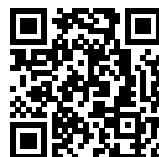
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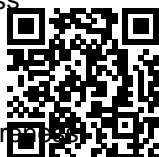
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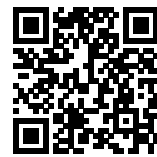
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