

# PERSONAL TRAINING & PRIVATE LESSONS

For further information or to book please contact Daniel. We offer Personal Training and 1:1 tuition.

## What we offer:

- Weight loss
- Strength & hypertrophy
- Speed, power, explosiveness
- Cardiovascular fitness
- Flexibility & mobility
- Functional movement
- Training programmes
- Dietary advice
- Technical kicking
- Dynamic movement
- Taekwondo 1:1

## Who can benefit:

- Weight loss journey
- Strength gain/bulk journey
- Fitness journey
- Athletes of all ages and abilities
- Taekwondo athletes
- MMA athletes
- Kickboxing athletes
- Muay Thai athletes
- Karate athletes
- Martial-artists focusing on kicking