

SAI  
KUNG'S  
ONLY...

HOLISTIC WELLNESS



& FITNESS

1200 SQ FT  
AIR CON  
GARDEN  
STUDIO

PERSONAL TRAINING

**2:1 TRAINING**



Training with a buddy is more cost effective than going it alone, while still receiving personal training. Training with a friend or spouse increases the competition, motivation and fun factor.



## 2:1 TRAINING

### Why choose 2:1 over larger groups?

- Close coaching for form or technique which is not always possible in a group setting
- You need motivation to train and your buddy can help. Dropping out of a class can be too easy!
- You want to focus on strength training rather than Bootcamp type fitness workouts, perhaps because bootcamps have caused you pain or injury in the past, perhaps you are just not a cardio king or queen!
- You have certain pain or conditions requiring close supervision and coaching during exercise
- You have never strength-trained before but are keen to try
- It's advisable that individuals with injuries/ post child birth should begin with 1:1 training
- A shared goal of eating better and becoming healthier can also be accommodated with health coaching

### What Do You Need?

- Any fitness level can be accommodated
- Ideally two people with similar goals/fitness or ability levels should train together.
- Commitment – results only come with consistency. Longer term training is recommended, however personal training in the short term can also be the perfect kick start to a new healthier regime
- An open mind and the willingness to push your comfort zones

*"Ally gave me the confidence to push myself physically and to change my body into a more toned and sculpted version of myself.*

*She not only trained me to get those muscles and to trim the fat, but looked at my diet and coached me on how to eat correctly, which was a key factor in creating the change I so desperately wanted, but didn't know how to do.*

*If anyone out there wants to look and feel great then Ally is definitely the person to help you achieve that."*

### Your Trainer & Health Coach

Ally van de Pol is a:

- NASM-CPT Personal Trainer
- AAHF Senior Exercise Specialist
- SNM Certified Healing Diets Practitioner
- Certified Health & Wellness Coach
- AFPA Certified Holistic Nutritionist
- Certified Pain-Free Performance Specialist
- Naturopath (in training)
- First Aid and CPR qualified



SCAN ME

**The Glass House, Dragon Fitness & Coaching**  
1A Wong Chuk Yeung, Sai Kung, Hong Kong

[www.dragonfitnessandcoaching.com](http://www.dragonfitnessandcoaching.com)  
[ally@dragonfitnessandcoaching.com](mailto:ally@dragonfitnessandcoaching.com)