

CLICK TO
ENQUIRE!



TAKING YOUR
FITNESS, HEALTH &
NUTRITION ONLINE

ONLINE PACKAGES
STARTING FROM
\$HK600 @ MONTH

DRAGONNET

"This is real training! Not just working out. We carefully plan Dragonnet programmes to work with your strengths and limitations, to limit injury, make you stronger in life and perform better at your sport."

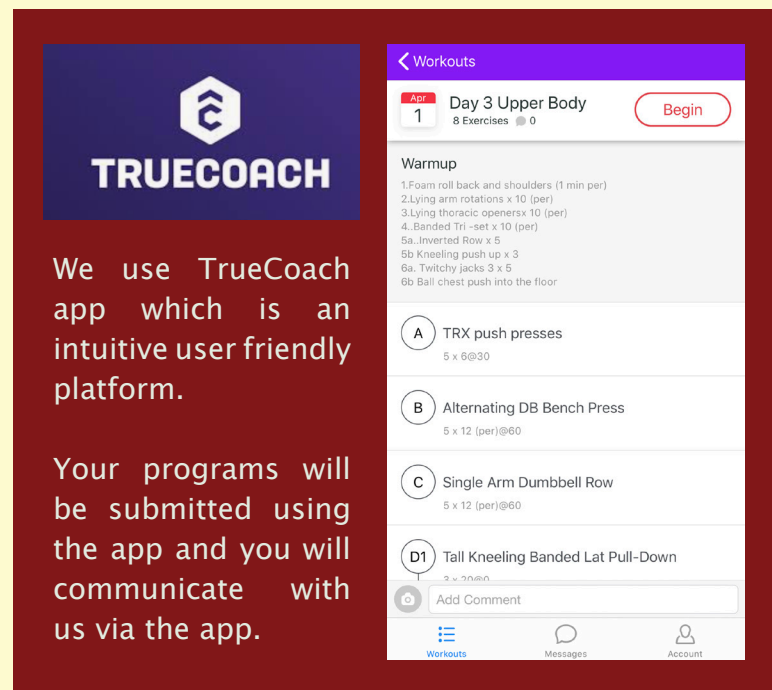
Ally van de Pol, Head Coach

What Is Dragonnet? Online one-on-one training and coaching with a qualified expert from the comfort of your home.

- Personalised online training with an option of 3, 4 or 5 training sessions per week.
- We work in 4-week blocks, with each sequential block, building on your gains from the previous.
- We use TrueCoach app to run your training programme.
- Daily emails to remind you of your workout & to keep you accountable.

Dragonnet offers more than personal training!

- Good nutrition and great health are important to achieve your goals and to keep you disease free and keep you feeling good.
- Dragonnet gives you the option to include nutrition and health coaching in your programme, from nutritionists and health professionals.



We use TrueCoach app which is an intuitive user friendly platform.

Your programs will be submitted using the app and you will communicate with us via the app.

Who Is It For?

- Everyone who needs a training programme written for them, to give them motivation and accountability and/ or who needs help with their nutrition and health.

What Are the Benefits For Me?

- The benefits of a personal trainer, certified nutritionist and a naturopath (qualifies in 2022). Without the cost of face to face training, but still being accountable to a real live person.
- You have the option of having real time contact with your coach for check-ins, nutrition and health coaching.

Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified.

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