

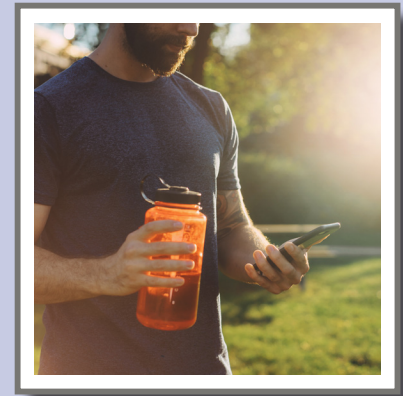
REMOTE TRAINING

This could be for you if:

- You have a gym that you can use at home or near work, a decent level of proficiency, but you lack motivation as you never know what to do for the best
- You're just not sure your form is correct, you might even get tweaks in places you know you shouldn't!
- You don't want to/ can't pay for a full time PT
- You're not sure you're getting the most out of your gym workouts
- You just want to work out at home with some basic equipment.

"As an over 35 with a hectic lifestyle, frequent travel and a lot of work entertainment functions, I finally admitted that I was out of shape. I have never been into gyms, and so didn't quite know where to start - and then Ally was recommended to me. Put simply, she has been fantastic.

During our first session we discussed my goals, and ever since she supported me to reach them. She created an eating plan for me, motivated me, pushed me to do more in workouts and has helped me shed 8 kilograms. I now have way more energy, am more motivated and being fitter has even made me more productive at work"



How Does It Work

- You'll be taken through 2 workouts -- once or multiple times per session (depending upon your requirement).
- You'll then go away and use this training programme at your leisure. After 4-6 weeks, you'll then come back to report back on progress when a new programme of 2 x workouts will be issued and taken through as above.
- Throughout each training period, you'll be able to access our expertise with questions, even sending us videos.

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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