

KICK start SESSIONS

EMBARK ON YOUR FITNESS JOURNEY WITH OUR EXCLUSIVE ONE-ON-ONE PERSONAL TRAINER KICK START TRAINING SESSIONS, A UNIQUE THREE-SESSION PROGRAM TAILORED TO PROVIDE PERSONALIZED GUIDANCE AND FOUNDATIONAL SKILLS. SUITABLE FOR BOTH BEGINNERS AND EXPERIENCED INDIVIDUALS, EVERY SESSION LASTS 60 MINUTES, OFFERING COMPREHENSIVE WORKOUTS AND PERSONAL INTERACTION WITH A TRAINER.

Session Breakdown:

First Session:

Conduct a comprehensive fitness assessment to evaluate your current fitness level.

Collaboratively set realistic short-term and long-term fitness goals.

Learn safe exercise techniques through demonstrations of key movements.

Second Session:

Receive a tailored workout plan combining strength training, cardio, and flexibility based on your assessment.

Engage in hands-on practice of exercises under the trainer's supervision.

Discuss basic nutritional guidelines to support your fitness goals.

Third Session:

Participate in a structured workout to gain comfort with your custom routine.

Learn progress tracking techniques, including workout journaling and nutrition monitoring.

Explore motivation and sustainability strategies to maintain commitment and overcome obstacles in your fitness journey.