

Get the results you desire with 1 to 1 Functional Fitness

Ideal for any fitness level

Great for Weight Management

**Start your journey
towards a balanced,
active & healthy lifestyle**

Find out how a combination
of Cardio, Gymnastics and
Weight Training can yield the
results you desire

SK9
SPORTS

Fitness for Life

Whatever your fitness level, benefit from a programme

Tailored to you

At the Green Garage Gym in Davenham, **SK9 SPORTS** offer the opportunity to participate in an exercise programme that will improve health and well-being in the real world.

Utilising Cardio, Gymnastics and Weightlifting you will enhance your physical competency in a range of fitness domains.

Combined with expert advice on nutrition, participants will understand how a balanced active healthy lifestyle can be obtained and sustained.

If you are interested in the 1 to 1 Functional Fitness programme please make enquiries to Paul on:

07701 080 978 or paul@sk9sports.co.uk



What is Functional Fitness?

Functional Fitness training works by using natural movements that help improve quality of life. By improving across all fitness domains, everyday activities can be completed more easily.

It uses exercises that are scaled to the individual and it is an excellent starting point for anyone at any fitness level to try. Training this way increases muscle memory which can be especially good for sports specific movement - exercising the brain as well as building all round fitness.

This methodology can also be a great tool for weight management by using Cardio, Gymnastics and Weight training. Muscle, ligament and joint pain can improve, making it an ideal workout for people wanting to move with more comfort.

It's all about you...

Motivating clients

Functional training stands out because of the way it reduces the risk of injury and stress to the body, and its focus on general health and well-being.



About me

People return to the Green Garage Gym because they believe in my ability to help them reach their goals.

My approach has been developed in the study of Sports Science and the pursuit of progress via the latest scientific literature.

Motivating my clients requires that I know them beyond the walls of the gym. Understanding their hectic and stressful lives is important as they influence progress towards their fitness goals. It's a privilege to share the moment when someone digs deep and achieves what they thought was impossible!

I encourage people to be optimistic when life gets in the way of training and accept it. Not to beat themselves up, but to use the experience to fuel the next opportunity to exercise.

Above all, with the frequency of our contact, we have fun! I develop friendly professional relationships with all my clients that I truly cherish.



A scientific approach to fitness, keeping workouts fun and Goal driven

Background

- 16 years experience as a PE Teacher
- 8 years as a Director of Sport
- Crossfit L1
- British Weightlifting L1
- 2x North of England Senior 400m Champion
- 2nd place English National Indoor Rowing Championships 2017

1 to 1 Functional Fitness pricing structure

Introductory offer

- 1 free consultation
- 1 free trial session



8 starter sessions £100

- An introduction to the main movements, concepts and training methodology
- 8, 1 to 1 workouts
- Advice and guidance on nutrition
- Membership to the Functional Fitness Facebook group

1 to 1 personal training

- £20 per single session
- 3 session bundle £50 (save £10)
- 7 session bundle £110 (save £30)
- 11 session bundle £170 (save £50)
- Group training (max 4) is available on request

For more information contact Paul on
07701 080 978 or paul@sk9sports.co.uk

SK9
SPORTS

Fitness for Life