

**APT**

ATLAS PERSONAL TRAINING

APT

# PERSONAL TRAINING

HERE WE FOCUS ON YOU.

THROUGH PRECISE EXECUTION AND EXERCISE SELECTION SPECIFIC TO YOUR ARCHITECTURE, GOALS AND LIFESTYLE, WE CAN ENSURE THE GREATEST PAY-OFF FOR YOUR EFFORTS.

## Virtual Training

Single Session £30  
4 Session Pack £100

## Personal Training

Single Session £55  
4 Session Pack £200

An initial 30 minute consultation is included for first time clients. This is crucial to establish a starting point for the roadmap to get from where we are now to where we want to get to.



APT

# LIFESTYLE TRANSFORMATION

ADDITIONAL SUPPORT TO EFFECTUATE CHANGE.

WITHIN THESE TIMEFRAMES, YOU WILL LEARN TO MAKE SUSTAINABLE CHANGES THAT GET YOU TO YOUR GOAL AND ENSURE THAT YOU MAINTAIN THIS PROGRESS.

## Service Package

- 1 Hour Initial Consultation
- Online Coaching (2 PT sessions per week)
- Independent Workout Plan and Nutrition Guidelines
- Intensity Options Depending on Goal
- Daily Whatsapp Support

### 8 Weeks

£450

*Includes 16 Hours of PT*

### 12 Weeks

£600

*Includes 24 Hours of PT*



## YOUR COACH

**MY COACHING APPROACH IS  
STRAIGHT FORWARD AND SCIENCE BASED.**

**GUIDING YOU TO PUSH THROUGH THE MENTAL BARRIERS  
IN A SUSTAINABLE WAY - EXECUTING WITH INTENT.**

Starting my fitness journey as a Personal Training client, I understand the value in having a coach that is empathetic, knowledgeable and adaptable.

Having worked at a premier gym in London, I immersed myself among the best across the industry, honing my skills through practise and constantly learning from my peers.

A ceaselessly ongoing quest for betterment.

### Qualifications

- BSc Chemistry and Management
- Associate of the Royal Collage of Science (ARCS)
- L2 & L3 NASM Personal Training
- BOXOLOGY Round 1 Boxing Coach
- Optimum Nutrition Certified in Nutrition
- Resistance Training Specialist (RTS) Level 1 & 2
- EXOS Fitness Specialist Certification



