

JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

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BEACH BODY

Firstly, you will be pleased to know that this package is available all year round and not just for the British summer!

To inspire you, put a picture of a figure you aspire to and stick it on your fridge throughout your duration doing this package.

This will give you more determination. Picture yourself on the beach on the first day of your holiday, in your swimsuit: By the end of this package you will be trimmer, have a flat stomach and will be glowing with health.

Feeling good in yourself, as you will on the diet plan provided for you, gives wonders for your confidence and how you feel in your own skin. Better skin tone will result from your newly issued clean diet and toxin free lifestyle.

Your training programme will be designed to chisel your anatomy giving you a change of bodyshape through fat loss and muscle toning.

£45 per session.

Discounts available for block bookings on request.

IT'S NEVER TOO LATE TO BEGIN!