

# JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

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## MUSCLE GAINING

The main principles to building a strong, powerful and muscular body are intelligent lifting, quality nutrition and rest. Combine these factors with a positive mental application and you will have what is called the 'mind-muscle connection' to maximise your gains.

I will provide you with the principles of training which will enable you to overload your muscles and progress each time you train them. Together, with specific nutritional and supplementation guidance you will be able to structure and monitor your development week by week through training and dietary diaries. Solid muscle building comes from planning, implementing and a tracking routine. I shall provide you with various methods of training to continue stimulating your muscles to respond and develop through free weight, resistance machines and body resistance movements.

£45 per session.

*Discounts available for block bookings on request.*

**IT'S NEVER TOO LATE TO BEGIN!**