

JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

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SPORTS SPECIFIC

What is sport specific training?

Quite simply it is an exercise programme that rather than being an end in itself, is designed to help you improve your performance in your chosen activity.

These types of workouts are suitable for everyone from absolute beginners just thinking of trying something new through to those who have played for many years but want to improve their skills.

Improved conditioning not only reduces your chances of injury, it also allows you to perform your particular skills better, particularly late in a game when fatigue might otherwise set in.

Sport specific training is usually thought of in terms of mainstream team games, but sports specific training has applications for individual sports plus a whole range of different events and activities.

£45 per session.

Discounts available for block bookings on request.

IT'S NEVER TOO LATE TO BEGIN!