

Mobile - REBUILD Personal Training



Location **North, Tyne And Wear**
<https://www.freeadsz.co.uk/x-171333-z>



Your body will be stripped back to it CORE starting with a STRONG and SOLID FOUNDATION then muscle by muscle will be REBUILT until you have a STRONGER, FITTER and HEALTHIER BODY TO LIVE IN. *SPECIAL OFFER FOR FEBRUARY 2015* 10% off everything Expires 28th February 2015 PLUS FREE CONSULTATION & TASTER SESSION WORTH UP TO £25.00 -Not keen on the gym? -Don't have time to go to the gym? -Want to be in an environment you feel comfortable in? -Need a new challenge or want to take your training to the next level? -Most importantly want RESULTS? Then Richard Birkett's™ professional and unique IN HOME or OUTSIDE Personal Training service may just be the answer. Richard Birkett introduces AFFORDABLE ADAPTABLE PERSONAL TRAINING It's Fun, Friendly and for all ages and abilities (14 years +) and can be completed in home, outside or any environment that you are comfortable with. Helping others is my biggest passion and seeing the effectiveness of my safe, fun and friendly approach to Health, Fitness and Well-being has kept me going strong. If you are ready to let me help change your life through specific exercise routines , healthy nutrition, challenges plus much more, then I am here to ensure you are safe, relaxed and comfortable. If you require more information on Prices, Packages, General enquiries please message me or contact me on and we can set up a FREE complementary CONSULTATION. Prices may vary depending on distance been travelled. Why not join in with your friend(s) for discounts, more fun and some friendly competition. I specialise in: Weight, Fat loss, Toning, Size & Strength Advanced Nutrition Plans, Diet Sheets and Menu Cards Gym Work, Fitness & Class Instruction Advanced Programme Writing & Daily Challenges Advanced Fitness Assessment Methods and Guidelines Advanced Resistance & Cardio Training Exercises & Strategies Plus many more Richard Birkett Personal Training is more than just a workout it's

an ongoing health and fitness journey that begins with a strong foundation which will build that healthier

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