

**INVOLVE** your **FAMILY**, **FRIENDS** or your own **LOCAL-COACHES**  
or  
“**ANYONE THAT YOU REALLY COUNT UPON**”

COACHING at HOME at your GYM or even while TRAVELING

“WHY NOT GIVE IT A TRY”

**NO CROSS-INFECTION POSSIBILITY**

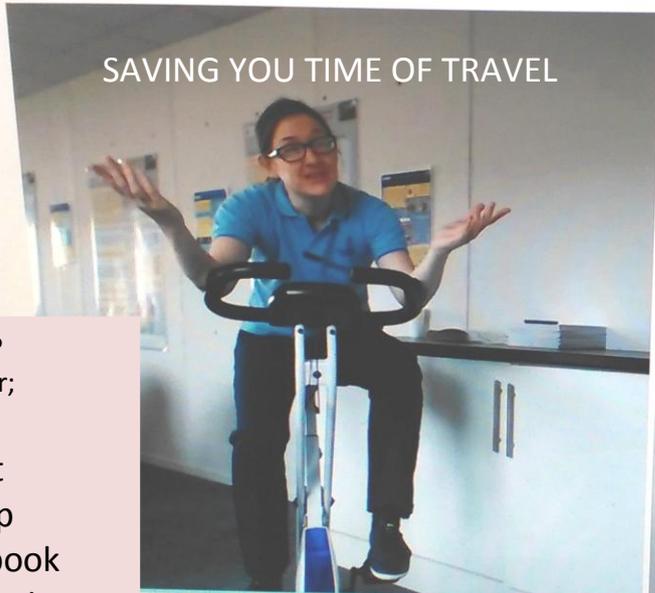
**PRACTICAL EXERCISE EDUCATION**



**WORK-OUT**  
with  
**SOCIAL MEDIA BUDDY'S**

**EASE OF ACCESS TO TEAM**

**SAVING YOU TIME OF TRAVEL**



**ALL TYPES OF PHYSICAL ACTIVITY**  
**TRY: BODY WEIGHT BASICS**  
**BALANCE TRAINING**  
**CORE-STABILITY**  
**CYCLE SPIN**  
**PILATES**



**LINK UP**  
Via your;  
**PC**  
**Tablet**  
**Laptop**  
**Notebook**  
**Smart phone**

**BASIC EXERCISE TESTING & ASSESSMENTS**

**EXERCISE or COACHING** to suit your needs at your **CONVENIENCE**

**COACHING IN “ADL” SELF-PLANNING FOR EFFECTIVE HEALTH /WORK /STUDY /LIFE BALANCE**

Help & Advice for:  
**CARDIO-FITNESS**  
**STRENGTHENING**  
**FIXIBILITY**  
**STRETCHING**  
**REHABILITATION**  
**RELAXATION**  
**POSTURE**  
**SPORT SPECIFIC activities**  
**RECREATIONAL activities**

Its' **ENGAGING, EDUCATIONAL & EMPOWERING** to assist you to **IMPROVE** your **HEALTH**.

“**THE COMPETE PACKAGE**”