

FREE PT
TRAINING
SESSION



LEON JOHNSON

PERSONAL TRAINER

SPECIALISMS

- ✓ Weight loss
- ✓ Hypertrophy (muscle gain/tone)
- ✓ High intensity interval training
- ✓ Boxing (circuits + pad work)
- ✓ Functional training
- ✓ Structured personalised programmes
- ✓ Nutritional advice/guidance
- ✓ Macro nutrient calculations
- ✓ Body confidence

TO BOOK YOUR **FREE** PT SESSION CALL

07432 576620

 **YOUR**
waterside
Personal Training™