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Dan Lambett Fitness - 12 week transformation programs

-12 week transformation programs

Dan Lambett has over 5 years experience in Personal Training, Nutrition and also progressing towards a Sports Science degree at Loughborough University. He practices what he preaches living the fitness lifestyle. His knowledge is not only academic but reinforced by experience. His 12 week transformation program has consistently proven to deliver amazing, inspiring results and is truly life changing. Taking on the program gives you the peace of mind that your are training and eating with maximum efficiency guaranteeing results and teaching you the skills to carry on a healthy lifestyle without a trainer. Whether you want to lose weight, build muscle or increase performance the 12 week program is the fast track to success.

12 Week Transformation Program

2x Personal training Sessions a week at combat and exercise centre

-custom written diet plan

-custom written training plan

-24/7 help and advice from your own personal health coach

The program can also be done with a partner, or as a group of three or four

Dan also offers

-Personal training

-Diet and nutrition

-Sports specific conditioning

-Boxing training

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