FRAZER PRING
PERSONAL TRAINING

THEY SAY IT TAKES 10,000 HOURS TO BECOME AN EXPERT

I STARTED RUNNING MY PERSONAL TRAINING BUSINESS OUT OF THE CLUB IN APRIL 2015

30+ HOURS PER WEEK
X
46+ WORK WEEKS PER YEAR
X
10 YEARS
=
+13,800 HOURS OF 1 TO 1 COACHING

Contact me on 07762 462500
or frazer.pring@hotmail.co.uk

FRAZER PRING
PERSONAL TRAINING

GOLD

£400

10 x 60 minute personal training sessions

Tailored bespoke programming

Become fitter, stronger and more flexible

Exercise with purpose and confidence

Contact me on 07762 462500
or frazer.pring@hotmail.co.uk

FRAZER PRING
PERSONAL TRAINING

SILVER

£225

5 x 60 minute personal training sessions

Tailored bespoke programming

Become fitter, stronger and more flexible

Exercise with purpose and confidence

Contact me on 07762 462500
or frazer.pring@hotmail.co.uk

FRAZER PRING
PERSONAL TRAINING

EXPRESS TRAINING

£30 FOR 30 MINUTES

30 minute fitness workouts

Boxing
HIIT
Circuits
Hyrox specific

Contact me on 07762 462500
or frazer.pring@hotmail.co.uk

Why should you be weight training?

1. Lifting weights is an optimal approach to weight loss.
2. Increase muscle mass or reduce the rate you lose muscle as you age.
3. Achieve a more toned and fitter body.
4. Get stronger, which can improve performance in day-to-day tasks.
5. Reduce the risks of injury and major illness.
6. Increase bone density and help prevent osteoporosis.
7. Help support weak joints – knees, back, shoulders etc.
8. Improve posture.
9. Boost self-confidence.
10. Improve endurance by increasing glycogen storage. Glycogen is stored in muscle, more muscle = more glycogen.

What my clients say:

"I lost 6 stone training with Frazer"

"Frazer gets the best out of me, while working around my limitations"

"Through Frazer's guidance, I am stronger and fitter in my 70s than I have been my whole life"

"Since I learnt to lift weights correctly, my back pain went away"

"I now know what to do in the gym, even when Frazer's not there"

"A professional, focused and knowledgeable PT who gives clear and instructive tuition"

10 YEARS PERSONAL TRAINING EXPERIENCE