

## **EN VERSION**

**Do you want your body to be strong, functional, and healthy? Whether your goal is to lose weight, get stronger, or improve your performance in sports, just email me and we can start working on it together.**

**Your workout won't most definitely consist only of machine exercises, crunches, shortcuts, and other similar exercises... You can look forward to a comprehensive training plan that will be individually tailored to your needs, and most importantly, you will enjoy it. I'll teach you to feel your body, have control over it, and show you that you are stronger than you think. I also try to educate my clients on both exercise and diet. It's key that the client knows the reason we do what we do.**

**I believe that every body should be strong, functional, stable, and most importantly healthy and that is what I try to achieve with my clients.**

**I also specialize in conditioning for both hobby and professional athletes, so whether you're a hockey player, a judo fighter, a dancer or an athlete, and you are preparing for competitions, don't underestimate the preparation and let me help. In general, I see big gaps in competition preparation stages of athletes, and whatever sport you like to do, proper preparation scheme, planning, and execution is essential. To perform better, you have to gain strength, strengthen joints, improve endurance and dynamic power, which is something worth investing to.**

### **- Areas of focus**

**Weight reduction**

**Gaining muscle mass**

**Conditioning of professional and hobby athletes**

**Strengthening the physique**

### **- How does the cooperation work?**

**First, we start with a no-obligation consultation where we discuss your health, your goals and time options. After that, an initial trial training session will take place with a musculoskeletal diagnosis that will reveal any imbalances, which we will then focus on and adapt the training plan according to the results.**

**We can meet at ToFitko Palmovka, ToFitko Pod Komínem, or at Fox Gym with limited capacity for extra privacy, I will leave the choice to you.**

### **- Education -**

**o Personal trainer in fitness - Fitness Education**

**o Sports internship ATA GYM - fitness training of athletes**

**o Jakub Zdražil Classroom - principles of strength training, correcting imbalances**

**o Jason Brown Coaching - methods of strength programming**

**o Tomas Hrancik - weightlifting course**

**- Price list of services**

**Personal training..... 750 CZK**

**Pair training..... 580 Kč**

**Included - initial consultation, musculoskeletal diagnosis, training plan, nutrition consultation**

