

Herb House Personal Training Sessions

Why should you get a Herb House Personal Trainer?

You don't know where to start

It's easy to get confused with what gym equipment will give you the best results and what order to do them in. With free weights, cardio, flexibility, and the resistance machine, it's a lot to take in. Herb House Personal Trainers have the experience and the knowledge to put together the most effective exercises to create the perfect programme for you.

Not seeing results

Working hard in the gym to lose weight, build muscle or train for an event but just not seeing results? When trying to reach your fitness goals it's easy to see the finish line, but it's not easy to get there alone. Herb House Personal Trainers will help you set manageable goals and track your progress to achieve your goals in the most safe and effective way.

Need Motivation and to be challenged

When it starts to get tough it's easy to stop or not push yourself to do all of the exercises in the programme. Also doing the same exercises week in and week out will become less effective. With a Herb House Personal Trainer they will keep you motivated by keeping each session fresh and fun. They will keep challenging you to make sure you get the best results and never let you plateau.

Specific injury, illness, or sport

If you have a new or old injury or a specific illness, you might not know where to start to help improve the issue. When training for a sport, you want to get an effective work out that will help benefit your chosen sport. The experienced Herb House Personal Trainers will put together an effective programme to strengthen any problem areas and avoid any further problems. They also break down key parts of all sports and will guide you through a comprehensive training programme designed to improve these areas, enabling you to be at the top of your game.