

• Decrease Body Fat • Increase Lean Muscle Mass •

• Personal Training • Strength Training • Anthropometry Profile •

### **Personal Training**

1 x PT session = £30

5 x PT sessions = £125

10 x PT sessions = £225

### **Anthropometry Profile Consultation**

One Off Profile = £30

Profile + Follow up Profile = £50

Profile + 2 Follow up Profiles = £60

### **PT + Anthropometry Package**

1 x PT session + 1 x Profile = £50

5 x PT sessions + 1 x Profile = £140

10 x PT sessions + 2 x Profiles = £255

Make the first step in changing your body shape and contact me now to book your FREE personal training consultation or anthropometry profile.



Transform **YOURself**

t: 07854175325

e: [simon@simon-james.co.uk](mailto:simon@simon-james.co.uk)

w: [www.simon-james.co.uk](http://www.simon-james.co.uk)

**Simon James Personal Training**

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● Personal Training ● Strength Training ● Anthropometry Profile ●

# Simon James Personal Training

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## Personal Training

Simon has been working in the fitness industry for many years and has built up a wealth of knowledge and experience. Area's of specialism lay in body fat reduction and strength training. Personal training is about achieving results through good nutrition and exercise, that you could not achieve on your own. Whether you would like to lose body fat, increase your muscle mass or become stronger, Simon James personal training is for you.

## What is Anthropometry?

Simon is an accredited ISAK Anthropometrist (International Society for the Advancement of Kinanthropometry). Anthropometry means the 'measurement of man,' and Kinanthropometry is the study of human size, shape, proportion, composition, maturation & gross function in order to understand growth, exercise, performance & nutrition.

## Who is Anthropometry for?

An Anthropometry consultation is for anyone who wants to track progress or know their body composition. It is ideal for anyone on a nutrition plan or exercise programme. The profile measures 8 different body fat sites, BMI, hip-waist ratio, girths (body circumferences), bone breadths and your bodies somatotype. This profile is also very useful for sports performance, as body composition and somatotype can affect performance.



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