

# Simon James Personal Training Price List



## PT Sessions

- 1 x PT Session = £30 (30 a session)
- 5 x PT Sessions = £125 (25 a session)
- 10 x PT Sessions = £225 (22.50 a session)

## Anthropometry Profile Assessment

- One Off Profile = £30 (30 a session)
- Profile + Follow up Profile = £50 (25 a session)
- Profile + 2 Follow up Profiles = £60 (20 a session)

## PT + Anthropometry Profile Package

- 1 x PT Session + 1 x Profile = £50 (SAVE £10....£5 off profile and £5 off PT )
- 5 x PT Sessions + 1 x Profile = £140 (SAVE £15...Profile half price)
- 10 x PT Sessions + 2 x Profiles = £255 (SAVE £25....1 X profile free)

## What is Anthropometry?

Simon is a qualified ISAK (International Society for the Advancement of Kinanthropometry) Anthropometrist. 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. Having an Anthropometry profile consists of body fat skinfolds, breadths (bone width) and girths (body circumferences). This gives you a body profile which can assess your current health, body shape (somatotype) and body composition.

## 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 can measure body fat on 8 different sites on the body, 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.

**Make the first step in changing your body shape by contacting Simon NOW to book your FREE personal training consultation, or to book your Anthropometry consultation.**