

# the bodyholiday

LeSPORT



G i v e u s y o u r b o d y f o r a w e e k  
a n d w e w i l l g i v e y o u b a c k y o u r m i n d



We are proud of all our personal trainers, all of whom understand how important it is to us to make you feel like the only guest having a one on one session. Felix, a past Mr. Commonwealth, truly knows how to have fun and enjoy an exhilarating session.

## Intro to Personal Training

Our Introductory session provides you with a mildly challenging workout combining elements of Cardiovascular, Resistance and Stretches. We pay special attention to your abilities, training needs, and weaknesses.

**60 minutes US\$65    30 minutes US\$45**

## Basic Resistance Training

This first step in resistance training is where we challenge your strength and endurance. They'll be worked almost to the point of resistance fatigue - but never to the point of overtraining. After the warm up, depending on your training level and experience, we will work through a range of resistance exercises including free weight, fixed weight and body weight that covers the entire body by utilizing compound exercises. The workout is followed by a comprehensive assisted stretch.

**US\$60**

## Functional Cardiovascular Training

This is a studio-based session, using a combination of exercises and drills to give you a medium-to-high intensity cardiovascular workout customised to your individual fitness level. This workout may include some body weight resistance exercises as well. The workout is finished with a comprehensive assisted stretch.

**US\$100**

## Total Body Assisted Stretch

After a gentle warm up and mobility session, you will receive a comprehensive full-body assisted stretch using the principles of PNF (Proprioceptive Neuromuscular Facilitation) in the developmental muscles.

**US\$60**

## Personal Challenge

Using the experience of the first four sessions, a final workout combines elements of Cardiovascular, Resistance and Stretches, based on your abilities, needs and weaknesses, and pushes them to their personal best.

**US\$60–100**



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