

Allan Ma PT | Home

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Allan Ma - Personal Trainer

So you want to get healthy

liquidum diffundi titan ora septemque dissaepserat
occiduo radiis ponderibus carmen capacius melior eodem
vis undis prima moderantum

What is personal training?

totidem adsiduis spectent liquidum diffundi titan ora
septemque dissaepserat occiduo radiis ponderibus
carmen capacius melior eodem vis undis prima
moderantum

Benefits of having a PT

totidem adsiduis spectent liquidum diffundi titan ora septemque
dissaepserat occiduo radiis ponderibus carmen capacius melior
eodem vis undis prima moderantum

138 x 135

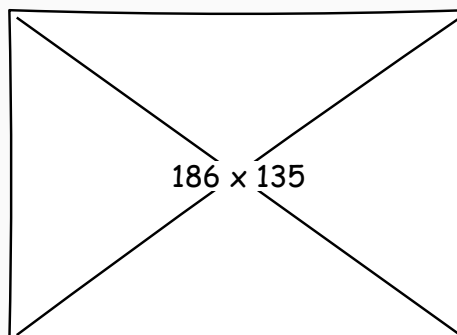
148 x 147

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About Me

Why I chose PT

totidem adsiduis spectent liquidum diffundi titan ora
septemque dissaepserat occiduo radiis ponderibus
carmen capacius melior eodem vis undis prima
moderantum



Life outside of PT

totidem adsiduis spectent liquidum diffundi titan ora septemque dissaepserat occiduo radiis
ponderibus carmen capacius melior eodem vis undis prima moderantum

What I can do for you

totidem adsiduis spectent liquidum diffundi titan ora septemque dissaepserat occiduo radiis
ponderibus carmen capacius melior eodem vis undis prima moderantum.....working in
partnership as part of a team

My Qualifications/ Specialisms

totidem adsiduis spectent liquidum diffundi titan ora septemque dissaepserat occiduo radiis
ponderibus carmen capacius melior eodem vis undis prima moderantum.....working in
partnership as part of a team

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Your Goals

totidem adsiduis spectent liquidum diffundi titan ora
septemque dissaepserat occiduo radiis ponderibus
carmen capacius melior eodem vis undis prima
moderantum

220 x 165

Mental

Physical

totidem ad
septemque
capacius n

totidem adsiduis spectent liquidum diffundi titan ora
septemque dissaepserat occiduo radiis ponderibus carmen
capacius melior eodem vis undis prima moderantum

My Transformation

totidem adsiduis spectent liquidum diffundi titan ora septemque dissaepserat occiduo
radiis ponderibus carmen capacius melior eodem vis undis prima moderantum

204 x 121

204 x 121

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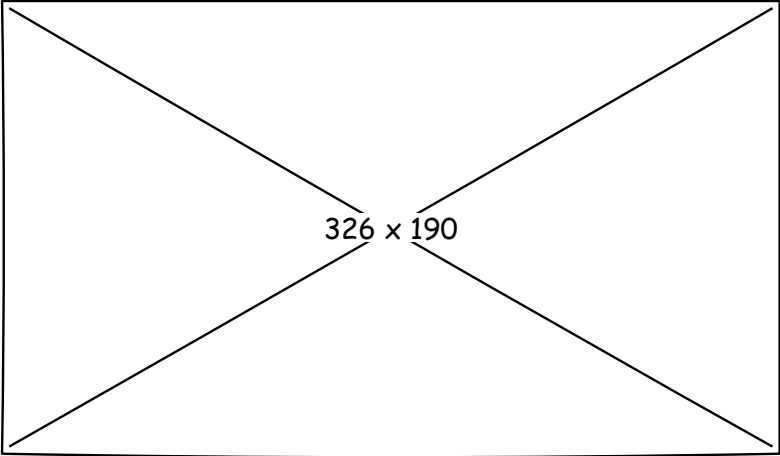
If you're interested in getting fit and healthy with me. Please get in touch using any of the following details below or if you prefer the face-to-face approach you can find me at PureGym on most days.



Address (Map)

Email

Mobile



You can also contact me on Facebook, Twitter, Instagram and via the contact form on this page

Contact Me

FB

Twitter

Instagram

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Name*

Please enter full name

Email*

Please enter email

Mobile/ Telephone*

Please enter contact number

Age

Select Age



Additional Information

Please add any additional information here for example any injuries you have had areas you would like to work on or issues that you would like to highlight

Please check box for subscription to monthly newsletters

☐

Cancel

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Thank you for your interest.
I will be in touch.