ABC Personal Training

Content details

HOME PAGE

The vast amount of different and sometimes contradicting information about fitness can certainly be overwhelming, on top of the fact that stepping into a gym can be intimidating for some. Having me as your personal trainer is a great way to reach your goals with trusted methods and will eliminate any fitness or diet related confusion that that you might have

Training with me will certainly have a personal touch. You will have a bespoke training and diet plan specifically tailored towards you and your goals, taking into account current fitness levels and potential injuries. Whether you are reigniting your passion for fitness or new to training, it is important to me that you are enjoying yourself whilst reaching your goals.

As a registered nutritionist, I will teach you the fundamentals of a sustainable healthy diet. With me, you will know how to be flexible with your diet, enjoy every meal, and still eat the foods you love to eat whilst achieving your fitness ambitions. As with training, discipline and consistency is key when it comes to your food intake. Remember - you cannot out train a poor diet!

ABOUT ME PAGE

As your personal trainer, I will take a holistic approach to your fitness goals, and both your training and your dietary needs will be suited to you and your lifestyle. Not only will I help you inside of the gym but with my knowledge I will also help you lead a healthier lifestyle outside of the gym, as even the smallest of lifestyle changes can make a big difference. Coupled with your own tailored training and diet plans, these changes will help you reach your highest potential and to become the best version of yourself.

"I’m a keen sportsman"

I’ve been involved in high levels of sport all my life, particularly football and rugby. I was part of a football team that won numerous tournaments around the country and finished top of the league regularly. I continued to play both sports at 1st team level throughout school and university. I completed New Zealand’s steepest half marathon in 2016 and plan to undertake the Auckland marathon in the coming years.

"I have experience in managing injuries"

A horrific knee injury in rugby led me to step inside the gym and begin to take care of my body much more seriously. To this day I take certain steps and precautions in order to work round that injury and I can do the same with yours.

"I love what I do"

I genuinely believe this is the perfect industry for me. I’m truly passionate about fitness and have been involved in it all my life. However, seeing my clients reach their goals is the best part of my job.

PRICING PAGE

For your first session, all you pay is a small one-off gym fee. Why not split the cost with a friend? I offer group discounts. There’s absolutely no gym membership needed when you train with me

HOUR SESSIONS

• Single session $130 per hour

• Ten sessions $120 per hour

• 20 sessions $110 per hour

• 30 Sessions $100 per hour

HALF HOUR SESSIONS

• Single session $90 per 30 mins

• 10 Sessions $80 per 30 mins

• 20 Sessions $75 per 30 mins

• 30 Sessions $70 per 30 mins

TESTIMONIALS PAGE

Jack

I used to find training boring and de-motivating because I would train and not see any improvements which in turn would make me less likely to go to the gym. With progressive routines Mike took me from unfit and over weight to a point where I was able to not only see the difference but feel the difference in strength and energy levels. He somehow managed to get me to the point where I actually look forward to going to the gym!

Mike showed me the importance of diet in achieving results, but more importantly helped me to understand how I could do this in a simple and accessible way. On top of all this he is a friendly, supportive and motivating trainer who always has a smile on his face. I highly recommend his services, for me it was money very well spent.

Thanks again Mike!

Alex

The gym and myself has never been a match made in heaven. However, in August of 2017 I signed up and tried my luck - alone.

After weeks of trying to get back into the swing of things I can admit, my solo mission had failed. Then luckily, I was recommended Mike by a close friend.

Mike was a truly fantastic motivator. Even though I leave every session with my legs burning or arms throbbing - I always looked forward to the next!

Forever thankful to the guy!

Dom

I've been working with Mike now for 3 months, having hardly done any exercise for years! I'm finally beginning to feel comfortable with my body and look forward to every session. He's helped me with my diet and lifestyle choices and I've never felt better! He’s a pleasure to work with and he knows just how and when to encourage and when to push me. I really find that he’s a very understanding guy, easy to talk to and he seems like he genuinely cares and wants me to reach my goals

Sophie

I was always involved in sports throughout school and even a little bit throughout university but once I started work in Auckland that went rapidly down-hill. I joined the gym for a couple of years but didn't really feel I knew what I was doing. I decided to get Mike as a personal trainer and I haven't looked back since. It saves me a lot of time and confusion having Mike and he knows what to do in order to reach my goals. The workouts are always more intense than when I train on my own as Mike knows how to motivate me perfectly.

Olivia

I've had a few personal trainers in the past but they do not compare to Mike. Not only does he motivate me inside the gym, he also finds a way to make the hour I spend with him twice a week very enjoyable. Previous personal trainers but me on rubbish diets I didn't enjoy, but Mike has really gone the extra mile to give me recipes that I really really love, people can't believe how good my food tastes and how good it is for me!

CONTACT PAGE

CONTACT MIKE

Name (required)

Email (required)

Postal code

Phone number

What are your goals?

Get in touch with me to discuss your fitness goals! If you have any questions at all or would like to book your first session with me then do not hesitate- contact me directly with the following details:

(24hr phone) call me – 09 12345678

email: Mike.Watts@wattsfitness.com