**About**

Hi I’m Luke and I am a personal trainer and weight loss coach and I train 1-2-1 clients out of my own facility based in Bracknell and I also run online coaching programs.

I work with middle aged men and women and help them lose weight/fat, transform their confidence, energy levels, motivation and more through resistance training, nutrition coaching and a BS free approach to fitness.

*When your confidence and energy are on point, this then affects every other area of your life, so you could say that I am more than just a PT.*

**Services.**

**1-2-1 Coaching**

This is where you will get most access to me as a coach and where I work with you in the gym on a 1-2-1 basis, making sure you train with intensity and go in the gym with more confidence than ever before, not giving a f\*ck what others think.

It includes:

* **1-2-1 Sessions** in the gym to ensure technique is correct in all exercises and that you’re making use of all your time in the gym.
* **Nutrition Coaching** includes working out your calories, finding the method and diet that works best for you, improving your current diet so that you can enjoy all the foods and drinks you love still, and still get maximal results.
* **Daily Check-ins and contact** so that you are held accountable and you do what you said you would.
* **Training Programs**. I encourage you to come into the gym and train on your own this is for confidence and not only that frequency of training is important and we will establish how often you train in the consultation and depending on how many sessions we have. I will design a program based on what we do so that you can go into the gym on your own and take on anything in there.
* **Bi-weekly reviews** to ensure that what we are doing we are making progress in the areas we want and always make sure we are moving forwards.
* **Day by day support** and coaching to get over ANY obstacle that comes up and ensure you always stay on track.

*Contact me for more information and a Phone Call OR Consultation - lukerandall@lrfitness.info*

**Lose It With Luke - Online Coaching**

The Losing It With Luke Online Program is where Luke works solely on losing unwanted body fat and sets you your nutrition targets and gym or home programs along with regular contact and support throughout, keeping you motivated, ontrack and succeeding.

**- A Weekly 1-2-1 Power Coaching call to review your week, set your targets for the next week so you stay on track and don't keep the "I'll start again on Monday" routine**

- Your very own tailored home and gym workout routine so that you can exercise anywhere with confidence.

**- Video feedback of exercises to make sure you get them right with technique and not have to worry about injuring yourself.**

- Exclusive Access to a private members only community, with the other members to keep you accountable so that you're not doing this alone.

**- Once a week live with Luke Booster and Q+A sessions at 8am on Saturdays inside the members only area to boost your motivation and get over any struggles you may be having.**

*Contact me for more information and a Phone Call OR Consultation - lukerandall@lrfitness.info*

**8 Week Get Your Sh!t Together Program.**

## The 8 week get your sh!t together challenge is where you work with me over 8 weeks and we go all in, on dropping lbs and shedding inches, to gaining confidence all round, and transforming your energy levels. Ultimately we get your sh!t together.

## **Weekly 1-2-1 power coaching phone calls to review the week and set targets for the next so that we win the week EVERY week.**

## Personalised workout programs designed for you so you can get the most out of every workout.

## **Access to a private members only area where you'll get to work with the challengers to not only compete against each other but also help one another along the journey too**

## A Booster coaching call live on a Monday at 10:30am to answer any questions, keep you motivated & consistent, giving you little tips and tricks throughout so you have all the coaching and support you need**.**

## **The EXCLUSIVE Daily Habit Tracker so that you know exactly what you need to do daily to stay on track removing every distraction so you can get maximal results.**

## Day by day accountability to make sure you do what you said you would.

## **Access to recipes, meal ideas and more so you never get bored of your food.**

## High impact nutrition coaching including setting up your calorie intake so you aren't left confused and wondering if you're eating too much or too little.

*The current intake for the 8 week get your sh!t together is closed but you can join the waiting list and be the first to know when the early bird offer goes live for the 8 week get your sh!t together program. -* [*getyourshittogether.uk/waiting-list*](http://getyourshittogether.uk/waiting-list)