

PERSONAL TRAINING



Read About Our Clients' Testimonials For Personal Training:



DIVYA

Ian was much younger than most of the other trainers I have worked out with . Initially I wasn't sure if he will understand how to train someone my age group. However, Ian has completely proved me wrong . His routine has made me stronger . The focus that he has on form has helped with my knee pain....[Read More](#)



SHIVA

Initially when I first started out, I had reservations of Ian of whether he would be able to understand my "elderly" needs and make the adjustments to the program. However, it took just one session for the reservation to go away....[Read More](#)



RICHARD PATRIDGE

As a beginner I was worried that lifting heavy weights is a dangerous activity, I wanted to make sure that strength training was safe. I was reassured that it is perfectly safe and you are not thrown in the deep end straight away....[Read More](#)



ASHLEY

When I dropped by at The Strength trial, I didn't have any goals or direction, I wanted to be stronger but I didn't know how to do it by myself....I

RESULTS BASED TRAINING ON YOUR SCHEDULE

Trust us to help you achieve your fitness goals, small or large.

Why should you consider personal training?

It's expert training, on your schedule.

Whether you train one-on-one or as part of a privately booked group,

Our experienced training staff will customize a program for you that fits your unique goals and busy schedule.

BOOK A FREE CONSULTATION SESSION

BECOME STRONGER AND LEANER



Functional Free Weights Training Facility

Achieve your personal training goals in a no-frills training facility. We believe in sticking to the fundamentals of training and doing them well. Our conducive free weights training environment and coaches will keep you both focused and motivated.



Safe And Sustainable Training Methods

The key to progress is to ensure that training stays sustainable based on your busy schedule. Thus with a measured approach, our coaches will meticulously plan your training sessions so that it's both challenging and achievable. A strong foundation in proper form and technique will instill you with the right lifting habits. You will master the intricacies of each movement safely under the professional guidance of our coaches.



Effective And Efficient Programs Tailored Towards Your Needs And Goals

Using a science-based approach to programming leads to effective results, in an efficient manner. Every program will be individualized based on your first free consultation.



We Are Your Trainer And Partner

From your first free consultation to achieving your first goal in training, we will designate you with a coach that will work closely with you throughout your lifting journey. Our coaches take your progress very personally and share the responsibility of you reaching the goals you desire.

** Strength Training For Kids/Teens Are Available As Well*

BOOK A FREE CONSULTATION SESSION



			
RYAN AIDAN	EVA LEUNG	ZULFADLY	MATTHEW YEO

I feel relaxed and not super pressurizing when Terence was coaching me. Initially I had the impression that going to the gym or doing weightlifting was going to be super intense or difficult but turns out that wasn't the case....[Read More](#)

I've tried weight watchers, noom, vegan, whole30, and a smattering of other diets, so I was a bit skeptical if it was another diet where I have to starve myself and eat yucky food. I also really didn't want to bulk up and look like a female version of Arnold Swazenger....[Read More](#)

Personal Training at The Strength Yard was an eye-opening experience. My trainer (Seraphina) was knowledgeable and constantly helped me point out the small technical details that I always overlooked in 3 of the big lifts....[Read More](#)

As a runner, I have always been strengthen my gluteus to improve it and to prevent injury. Using 3kg of to do squat has proven not as effective as I randomly ran into The Strength Yard to Terence and arranged a trial session with him....[Read More](#)

YOUR JOURNEY STARTS HERE WITH A FREE CONSULTATION SESSION

Here's What To Expect During A Free Consultation Session:

→ 1. Lifestyle Enquiry

It all begins with a chat with our coach to **learn more about you**. Information such as your current job type (is it physically engaging or desk bound), training availability, eating habits, sleeping schedule, any other habits such as smoking or drinking and etc.. will be important to us during the planning phase.

→ 2. Goals Setting

Be it if you're trying to achieve your first pull up or just getting stronger to do your first spartan race, our coaches will be there to discuss with you on **how it can be achieved**.

→ 3. Medical And Training History

We would then like to know more about your **medical and training history**. If you have any concerns regarding personal training or training in general, do let us know and we will address them.

→ 4. Movement Assessment

This is an important assessment to better understand which area of your body is **lacking in strength or range of motion**. From this, movement patterns can be adjusted or taught better and exercise selection can be curated.

→ 5. Finalizing

With the information gathered, our coaches will **lay down the road map and timeframe** for you to achieve your goals. Now you're ready to start your journey to become stronger and leaner.

SCHEDULE A FREE CONSULTATION SESSION NOW:

Your Name*

Your WhatsApp/Phone Number* (incase email goes to spam)

Your Email*

Your Message (Please Indicate Your Goals And Preferred Training Time)*

SUBMIT

ALTERNATIVELY:

CLICK THE BUTTON BELOW TO [WHATSAPP US](#) AND ARRANGE A FREE CONSULTATION SESSION EASIER

BOOK A FREE CONSULTATION SESSION

WHY OUR CLIENTS LOVE OUR US

BOOK A FREE CONSULTATION SESSION

