**What is Gym Time Plan?**

**Gym Time Plan is a thoughtful and well-rounded fitness Programme that provides:**

* The most effective body transformation programme along with HD video demonstrations so you know exactly how to execute each movement.
* Details on how many sets and reps you should be doing, and how to progress from month to month.
* A balanced approach of using barbells, dumbbells, machines, bodyweight, and resistance band so that you don't have to pigeon-hole yourself into following a strictly only body weight or kettlebell etc.

**About the Founder**

Hi, I'm Jay the creator of Gym Time Plan, I have been in the fitness industry for over 10 years and specialise in creating the most effective body transformation programme.

As a Fitness Professional I understand that everybody is different, and everybody faces their own challenges when it comes to reaching their health and fitness goals.

I work with you to set out a plan that focuses on the fundamental principles in exercise and nutrition, implement simple changes that fit specifically into your lifestyle as well as providing an education that you can take forward.

Your body transformation is my passion, I want to make it my personal mission to help you finally reach your fitness goals, the same way I have already done for 100's of others.

With my proven training programme, coaching, support and accountability, it is nearly impossible for you to fail.

All I want from you a 100% commitment and dedication to the programme. These Programme isn't easy, but you don't want easy. You want results. Beginner or advanced, male or female, the Training Programme I create it will test you and transform you. Do the work, and you will surprise everyone—especially yourself.

I believes that every person should stay true to themselves instead of imitating others, as Oscar Wilde once said, “be yourself, everybody else is already taken”.

Your Personal Coach