

BURN CALORIES WHILE YOU SLEEP!

THROUGH QUALITY PERSONAL TRAINING

WHY SHOULD YOU HIRE A PERSONAL TRAINER?

SOLID RESULTS

ACCOUNTABILITY

NO GUESS WORK

ENHANCE YOUR
QUALITY OF LIFE

OPTIMIZE YOUR WORKOUT TIME

EVERYONE BENEFITS
FROM A TRAINER

MOTIVATION

ENSURE PROPER FORM

PERSONALISATION

ACCURATE ASSESSMENT

ACCESS TO A COMMUNITY OF PEOPLE

EXERCISE SAFETY

PUSH BEYOND COMFORT ZONE WHILE
STAYING WITHIN YOUR LIMITS.

IMPROVED FLEXIBILITY THROUGH ASSISTED STRETCHING

AND THE LIST GOES ON!!!

My name is Angus Fairbairn and I'm a Personal Trainer specialising in **BODY FAT LOSS** and **MUSCLE GAIN** through strength training. I am **PASSIONATE** about helping people, not the paycheque. I'm **REAL** in how I train, and have been through the journey of shedding excess weight. It's all about **EFFICIENCY** and being applicable, making you **BETTER IN ALL AREAS** of life. **I AM YOUR ANSWER** if you're in search of results and having your **GOALS MET**. I aim to **CONTINUALLY IMPROVE** and strive to **BE BETTER**, never being satisfied with where I'm at. **I WILL GO THE EXTRA 10% FOR YOU**. My job is to create an emotional connection with exercise for my clients, so that they look forward to working out, and **STICK WITH IT FOR LIFE!!**
ASK ME HOW TO TURN YOUR BODY INTO A CALORIE BURNING MACHINE!

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BOSS FITNESS

Call/email me directly to book your free session package!!