



ONLINE TRAINING

Since 2016, Relentless Training has been fortunate enough to help 100's of people achieve their health and fitness goals.

Whether it be weight loss, improved strength, running that first 10k or even developing a stronger mindset and improving mental health, we always aim to ensure that your own personal goals are met and we help you lead the lifestyle you want

So; the big question is...What do you want to achieve on your health and fitness journey?

- **Do you want to drop dress sizes and weight?**
- **Do you want to develop better habits when it comes to your nutrition and training?**
- **Do you want to overcome gym anxiety and have a structured and tailored gym program so you develop confidence in the gym?**
- **Do you want to feel better both mentally and physically?**
- **Do you want to develop confidence in yourself and become your best version?**



We Hear You!!!

Over the past 2 years, we have developed a service that gives you everything you would need from a Personal Trainer, but at the fraction of the price. Win Win!!

The **RELENTLESS APP** was created in 2023, with the sole purpose of giving you, the client, every tool needed to smash your fitness goals.

What's included?

- 100's of Exercises including Video Demonstrations and Written Teaching Points
- Fully Bespoke Nutrition and Supplement Plans all tailored to your individual preferences, calorific goals and tastes - No more Chicken, Broccoli and Rice 6 Times Per Day!!
- Personalised Training Programs which log your progress, previous history and guidance on how to gain strength weekly
- Daily Habit Tracking so you can keep a close eye on nutrition, sleep, stress, energy and much more!!
- Cardio and Step Tracking
- Access to a unique area called “The Vault”, which includes pre-designed programs, mobility videos, multiple nutrition guides, video presentations on habit and wellbeing, and a multitude of other documents to help you gain control of areas you may be struggling with



How Do We Ensure Results?

We offer weekly/bi weekly check-ins where we track **EVERYTHING** and provided you the changes where you need it.

This can be issues with your nutrition, changes to your training program, navigating holidays/work/Christmas Period, developing healthy longterm habits, developing confidence in and out of the gym, and keeping you on track when the going gets tough.

3 Areas of focus

- Weekly check-ins, where you will get a weekly message that helps you with that weeks plans and review of the previous week.
- 24/7 Help and Support over WhatsApp
- A dedicated community group where like minded individuals help each other with support, tips and even challenges to keep you feeling included on your journey

Interested in hearing more and booking in a FREE telephone Consultation?

Simply Hit the Link on the homepage of the website (www.relentlessgym.co.uk) OR send us a direct message through our social media pages (Relentless.247)