



BENCHMARK

FITNESS

GET FIT. STAY FIT.

Welcome to Benchmark Fitness. My name is Kevin Mathew and I look forward to working alongside you to achieve your fitness goals.

My aim is to make you feel better about yourself and gain self-confidence. It is apparent that just by exercise sometimes we don't achieve the results we look for. We just need some extra help such as; training plans, nutritional advice, meal plans, incentives & consultations.

At Benchmark Fitness I strive to offer my clients all the above and more!

If you always do what you always did then you're always get what you always got. So start doing things differently come down and try things out.

I want to support and help you achieve your goals. Whether you want to improve general fitness or take that first step onto the fitness ladder I know I have the right package to suit your needs.

For all my life I have strived to keep fit even when working full time in the corporate world sometimes working 12 hours a day, I could only maintain this by keeping a focus on my fitness and what i feed my body.

I have a passion for helping others and since 2013 I have been a bootcamp instructor and seen the difference I can make in others, I would like you to come on that journey with me.



Below are packages that I feel will suit all individuals no matter how fit you are, please read through the different options and see what one you feel you fit into. At benchmark fitness I don't just want you to turn up!

I am more than hopeful that even if you are new to exercise the great team spirit will encourage you to achieve your goals, aspirations as well as push you to reach new benchmarks in strength, fitness and well being.

All sessions will push you to get the most out of the time and to provide you with increases in:

- Strength
- Endurance
- Cardiovascular ability

The recommendation is to attend at least 3 sessions per week to get the results you want, obviously more will benefit you.

We will be using various training methods to gain the most out of the 30-40 minute sessions using such apparatus as:

- Barbells
- Dumbbells
- Boxing
- Bodyweight
- High Intensity Training
- Tababta
- Circuit work
- Agility speed work, low hurdles, tyres
- Strength work, power bags, tractor tyres
- Battle ropes to name a few



All packages are interchangeable.

Training options:

At Benchmark Fitness I know and understand that in our busy lives it is hard to commit to something regularly due to family commitments, work arrangements etc, so we are able to offer the following packages to accommodate these scenarios and offer assistance to help you achieve what you want out of a healthy lifestyle:

Option 1:

You find it hard to commit as work and family life make it difficult to set aside regular time to work out but you would still like the option to work out harder than just going to a gym.

Although adhoc work outs are never going to allow you to ultimately reach your body and mind goals it will be something rather than nothing.

You can still join in all the sessions and make some progress.

Pay as you go sessions £8.50 (each session)



Option 2.

You are where you want to be there or there about, your disciplined enough to exercise 3-5 times per week.

Only want to attend the sessions and join in the occasional offers and free advice through our members sites and join in with our friendly group, then package 2 is right for you, we will push you in the sessions to gain strength, endurance and increase your cardiovascular ability.

I look forward to working with you.

This plan includes

- Ability to attend all sessions (dependant on package)
- Instructor led training
- Benchmark levels to review progress

Investment of

£50.00 for all mid week sessions (monthly)

£59.00 for all sessions including Saturdays (Monthly)



Option 3:

You need a little help to keep you on track and motivate you to your goals and targets, assistance with food plans and nutrition. This plan will enable you to keep on track with your body and goals for the year

This plan includes the following:

- Able to attend all sessions
- Bi weekly personal phone calls (Skype/Face time/Whatsapp) to keep you focused and discuss plans.
- **Personal** food diary and nutrition planning. (based on lifestyle, aims, targets) Updated every 3 months.
- Food diary analysis.
- Personalised T Shirt after 1st month of attendance. (Must have attend 12 sessions)
- Personalised smoothies made for your requirements for each morning session you attend (must be informed of attendance day before), these are provided at discounted prices.
- Discounted smoothies for each morning session attended.
- Motivation messages. (not boring ones)
- Discounted supplements, to help with skin, weight, health and vitality based on consultation.

Investment of

£75.00 Monthly



Option 4:

You need more help to achieve your goals, you sometimes find it difficult to stick to something, lose motivation very easily distracted, this maybe because of previous experiences or you have allowed it to be your lifestyle, but you would like to change, this plan is only designed for 3 months to kick start you off and to develop good habits and lifestyle, it takes 21 times for something to be habit forming and my wish is to assist you to get you on track and then put you on package 3.

This plan includes the following

- Able to attend all sessions
- Plus 2 Personal Training session each month
- Daily text messages to keep you on track.
- Weekly call (Facetime/ Skype/ Whatapp) to check on progress
- **Personal** food diary and nutrition planning. (based on lifestyle, aims, targets) Updated every month
- 1 smoothie meal for each morning session attended

Investment of

£150 Monthly