

THEO



WITH OVER A DECADE OF EXPERIENCE IN THE FITNESS INDUSTRY AS A TRANSFORMATION COACH, PERSONAL TRAINER, COMPETITIVE ATHLETE, AND FITNESS MODEL, I HAVE DEDICATED MY CAREER TO HELPING BUSY WOMEN AND MEN ACHIEVE INCREDIBLE TRANSFORMATIONS AND REGAIN THEIR CONFIDENCE.

WHY TRAIN WITH ME?

LET'S GET TO WORK.

📞 07854574310

✉️ TKO16@HOTMAIL.CO.UK

📷 @SPARTAN_ATHLETIC

CITYFIT
BRENTFORD

CO-OWNER & PERSONAL TRAINER

- BODY TRANSFORMATIONS
- NUTRITION PROGRAMMING
- TAILORED WORKOUT PROGRAMS
- BODY RE-COMPOSITION
- DIABETES MANAGEMENT
- BLOOD TEST ANALYSIS
- RESULT FOCUSED SUPPLEMENT PROGRAMS

SERVICES INCLUDE:

- FULL ACCESS TO MY FITNESS APP
- TAILORED NUTRITION PLAN
- CUSTOMIZED TRAINING PLAN EVERY 4-6 WEEKS
- HABIT FORMATION COACHING
- BLOOD TEST ANALYSIS AND REMEDIAL ACTION
- 24/7 SUPPORT AND GUIDANCE