

Gym and Personal Training

Reach your potential!



- Test Your Core
- Wake up Your Muscles
- Measure your Progress
- Intelligent Strengthening

A gym screening involves assessing specific muscles for strength and flexibility alongside balance and core stability, four essential elements that will ensure your success in training. Spot the Difference between Stabilisers and Prime Movers. Build your programme to include intelligent strengthening and effective stretching. See your rate of progress accelerate.

After our initial assessment an individualised programme can be created in consultation with your personal trainer, from there you can work on the targeted areas and then re - test to measure your success.



Richmond Physiotherapy
getting you active

For further information

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10% OFF YOUR FIRST ASSESSMENT WHEN QUOTING THIS AD