



INFORMATION PACK

UNLEASH YOUR POTENTIAL WITH OUR
PERSONAL COACHING SERVICES



HELLO,

Thanks for getting in touch with us here at I-Kick Martial Arts. We would love to help you out with your training, but first, here's some more information about us and what we offer so you can get to know us a little better...

Established in 2013, we have positively impacted hundreds of lives, delivering incredible results through our professional, gold standard coaching programmes and services.

We are committed to helping our clients achieve their training goals as they become fitter, healthier and more confident versions of themselves. Whether that's by losing weight, building lean muscle or developing their Martial Arts skills. We ensure that every client is treated with the same level of care and attention that they require in order to get to where they want to be.

Our coaching team is led by Multiple Scottish, British and World Champion Athlete, Certified Personal Trainer, Nutrition Coach and Internationally Accredited Martial Arts Instructor, Ross Penman. We strongly believe that having a healthy body and mind play a key role in ones level of personal and professional success.

Our aim is to help people, like yourself, look, feel & perform to their very best by taking control of their health & fitness as well as developing new skills so you can *UNLEASH YOUR POTENTIAL* physically, mentally and emotionally!

**“SUCCESS DOESN'T COME TO YOU,
YOU HAVE TO GO TO IT.”**

SPECIALIST COACHING

We specialise in the following types of training...

Martial Arts:

Kickboxing
Boxing
TaeKwon-Do

Fitness:

Fat Loss
Weight Management
Sports Conditioning

We work with complete beginners who have never set foot in the gym before right through to high level athletes competing at international level. So you can be rest-assured that we understand the pains, struggles and how to get the best out of our clients at every stage of the journey and level of experience.

We are dedicated to helping our clients achieve their fitness related goals. Our coaching services are tailored to you to ensure that you get the most out of working with us. However, our approach is an honest and transparent one, which means we will give you the advice you NEED to hear and not just the advice you WANT to hear.

A huge part of our job is keeping you accountable to your targets but we can only do that if you meet us halfway in terms of commitment, effort and attitude.

This is a team effort from the outset and results aren't linear. They take time and are full of ups and downs. Remember though, consistency wins over intensity every day of the week.

OUR SERVICES

▶ 1-TO-1 COACHING

Our 1-to-1 Coaching service gives you all the support that you need in order to get the results you desire!

Your Trainer is behind you 100%, keeping you accountable and focused and is available to answer any questions you may have along the way.

You can train with your Coach on a regular basis from once per week up to as many sessions per week as you need to ensure that you get the level of attention, tuition and support that you require in order to get to where you want to be.

You can't beat 1-to-1 Coaching for that personal touch and attention to detail as it's where you really feel the benefit and value of having a trainer there with you in person pushing you to succeed step-by-step.

▶ 2-TO-1 COACHING

Our 2-to-1 Coaching service offers the same benefits of the 1-to-1 Coaching service but because you are training with a partner you can save 50% on the price!

This is a more cost effective option that is going to help you take your training to new levels as you pursue your training goals with a more tailored and focused approach.

All of our coaches are available for both 1-to-1 or 2-to-1 coaching.

PRICE LIST

▶ PERSONAL COACHING (INSTRUCTOR TEAM ONLY)

1 SESSION = £35

6 SESSIONS = £180 (Saving £30)

*his pricing option excludes sessions with our Head Coach, Ross Penman.

▶ PERSONAL COACHING (HEAD COACH ONLY)

1 SESSION = £45

6 SESSIONS = £240 (Saving £30)

Please Note: all sessions are valid for 3 months from the time of booking.

QUESTIONS? GET IN TOUCH BELOW!

If you have any questions or would like more information in regards to the services that we offer please don't hesitate to get in touch!



EMAIL:

info@i-kickmartialarts.co.uk



SOCIAL MEDIA:

Instagram:
@ikickmartialarts

Twitter:
@ikickma

Facebook:
@ikickmartialarts



