



TJF PROGRAMME INFORMATION

All TJF clients begin with a FREE comprehensive physical and lifestyle assessment with one of the TJF Training Directors, which includes a detailed analysis of your current physical state, a biomechanical gait assessment, nutritional profiling and identifying your current lifestyle habits.

FREE Physical and Lifestyle Assessment

During our unique assessment, we will focus on both exercise and diet.

Firstly we will investigate how your body operates on a functional level. We will test your muscle flexibility and strength, your static and dynamic posture and your core function. The information from this assessment will enable us to develop a physical profile for you and subsequently create a sophisticated and individualized exercise programme designed to help you reach your training goals.

We will then take you through a detailed Nutrition and Lifestyle consultation, where we will profile your current eating and lifestyle habits.

Here at TJF we really place the emphasis on lifestyle changes as the real key to long term change.

The TJF Detox Challenge

After your assessment you will begin your TJF training programme, starting with a Three Week Detox Challenge. This is an elimination dietary programme which will help you re-establish supportive eating habits by removing the toxins from your body.

This can play a huge part in the transformation of your body. There are a number of different options with the TJF Detox. Please visit the link below for more details of the TJF Detox Challenge

www.tjfpersonaltraining.com//tjf_detox/tjf_detox_challenge_information.pdf

TJF Personal Training Programme

Your training programme will begin with a stage of corrective exercise based on your physical assessment. Here at TJF we aim to quickly address any postural disorders, muscle strength/flexibility imbalances and core stability deficits. After this period, your personalised training programme will progress through a number of different phases of training designed to test and develop your strength, power and speed.

Call 0800 1777 939 and order your TJF programme today.