

Personal Trainer in London Bucks Fitness Trend to Create New Hybrid PT Service

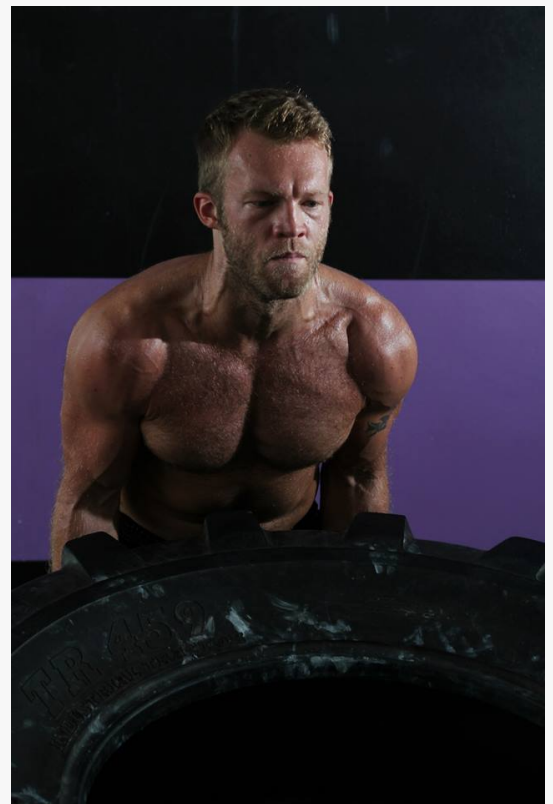
Rob Jackson of Minimal FiT, a PT in Canary Wharf, offers a hybrid training service which combines 1-to-1 training, nutrition coaching and online sessions.

LONDON, CANARY WHARF, UNITED KINGDOM, March 7, 2018 /EINPresswire.com/ -- Training sessions can be completed at home, in the gym, in a hotel room or in-person. This approach gives the client flexibility of when to train, which is ideal for busy working professionals who can't always get to the gym. It also adds variety to the types and styles of training.

Other key features of this new hybrid fitness trend are:

- Complete flexibility to train whenever suits the client
- No contract or commitment to a minimum number of sessions
- New workouts each month via the mobile app
- A complete 7 day Meal plan with how-to videos
- Unlimited coaching support via the app
- This approach works well because clients no longer miss training sessions. If away on business, they can complete a body-weight workout in their room with the app.

As client Doug says, "[Rob] Worked me hard to get the results I wanted. Saw him twice a week and did two sessions a week myself. He gave me meals to try out that were quick n easy."



Training in Canary Wharf



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Rob Jackson

The current trend in health and fitness is more for less. More classes, longer opening times, all for a lower cost. Rob believes the hybrid approach of 1-to-1 sessions, nutrition advice and online coaching will better help time restricted office workers achieve their health and fitness goals by using a quality over quantity approach.

In recent years a growing number of personal trainers have turned to an online only approach, using Instagram and YouTube to deliver training programs, and moving away from 1-to-1 sessions. Rob noticed this approach doesn't deliver the best results, saying, "Most clients need that in-person contact, the motivation to get started and accountability to keep going. Online only programs alone can't do that."

Being a nutrition coach also allows Rob to talk through food choices and meal strategies during 1-to-1 sessions which would be harder to do via an online approach. Rob trains out of a [private studio gym](#)

in Cannon Workshops, E14. Making it very convenient for Canary Wharf based workers.

Owner Rob states, "The benefits of 1-to-1 training are massive. Using an online only approach the client loses out. I help people get the best out of every session, keep them motivated and help them develop good techniques. When clients are away on business or at home, they can follow sessions I create for them in my app. It's like having a personal trainer in their pocket so they don't miss sessions."

Minimal FiT continues to offer a personal and professional service to clients in Canary Wharf, with ambitions to be the go-to [personal training service in London](#). A full list of [personal trainer prices](#) is available online, with package options available.

About Minimal FiT:

Minimal FiT was founded by Rob Jackson in 2016. Originally only offering online training, Minimal FiT is now located in Unit 110 Cannon Workshops, Canary Wharf, London. E14 4AS, using a private studio gym to train clients on a 1-to-1 basis for personal training and body transformation programs.

Find out more at <https://www.minimalfit.co.uk>

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