

Personal Trainers In Irvine At Hideout Fitness Provide Workout Plans and Private Fitness Sessions

The private gym in Irvine, staffed with military veterans and fitness experts, helps clients achieve their dream physique with personal training sessions

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EINPresswire.com/ -- Those looking for a place to work on physical fitness and gain knowledge from talented personal trainers in Irvine have a fantastic opportunity.

Hideout Fitness, the private gym in Orange County, offers a glimpse at the differences between personal and group training sessions.



Hideout Fitness personal trainers in Irvine create comprehensive workout plans for everyone

The two types of physical training are largely different and focus on other fitness and meal plan areas.

Personal Training In Irvine

In a new article from Hideout Fitness, [titled 'Personal Training Vs. Group Training: Which Is Best?'](#) the ambitious private personal trainers in Irvine aim to clear up any questions reluctant clients may have.

Overall, choosing the proper training methods for clients comes down to what they want in a workout. Are they drawn toward a group environment where multiple people enjoy the company of three others? Or are they looking for a deeper, one-on-one focus with a personal trainer in Irvine?

Again, it depends on what one is looking for. If someone wants to gradually make a better change to their health but isn't ready for a one-on-one focus, group training sessions can be a fantastic alternative. These semi-private group training sessions in Irvine allow a group of friends



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Chris Monje

to enhance their workout with the help of Hideout Fitness's team of coaches.

Hideout Fitness coach Chris Monje explains one of the benefits of opting for personal training: a laser focus on an individual's improvement. Clients work with their Hideout Fitness coach to achieve their goals. These hourly sessions consist of dynamic workouts tailored to an individual's physical composition and goals. A client's achievement timeline is their own, with options to attend the personal training sessions once or multiple times a week.

The freedom to engage in a workout is one of Hideout Fitness's draws.

"One of the best parts of [personal training sessions is that an individual is the main focus](#)," Monje explains. "That means they don't have to worry about doing workouts wrong or wondering whether they're making any progress or not."

Indeed, this more detailed one-on-one time with a physical fitness coach focuses on the individual's goals. Hideout Fitness especially focuses on bodybuilding, body recomposition, and weight loss.

Monje adds:

"This invaluable one-on-one experience aims to make the client's time in the gym meaningful and long-lasting. Are they trying their hand at bodybuilding? Or are they simply trying to lose weight? It doesn't matter what the goals are; personal attention from instructors can improve a client's health quicker than they may think."

Group Training In Irvine

If private gym members want to save some money and improve their health with a few others, [semi-private training sessions are the way to go](#). Hideout Fitness advertises a 30% savings when choosing its semi-private group training options and the dynamic workouts that lie within.

Keeping Accountable With Friends

The motivation to go to the gym is a massive reason to opt for semi-private group training sessions at first.

"For many, motivation can be a huge issue when getting to the gym. Many times it's simply easier

to stay in bed instead of lifting weights or improving cardio,” says Monje.

But, he explains, a solid group of people looking to improve their health can make all the difference.

“Group training can help certain people keep themselves accountable for their workouts. Even a loose support system surrounding regular exercises can help even the most unmotivated people make the drive to their gym. Once they complete a workout with the group, we guarantee they’ll be glad they did!”

Meal Prep Services In Irvine

Hideout Fitness coaches also help clients with essential meal prep. While crafting the perfect workout plan for an individual is paramount, eating right is just as important.

Hideout Fitness’s meal prep program, called ‘Hideout Fuel,’ offer people a wide array of diverse, customizable meals.

“Hideout Fuel, we know that no meal plan is right for everyone. That’s why we’ve built our entire business around flexibility. With our Fix plan, clients just choose which meals they want, select their favorites, and we’ll bring them a selection each week.”

Clients speak with personal training coaches in Irvine about which foods they love, when they want it, and how they want them made. For those with dietary restrictions and allergies, Hideout Fitness works with them to craft a meal plan that helps fuel their workouts.

This program is a crucial piece of the workout puzzle, giving clients the flexibility and fuel they need to complete their rigorous workouts. Their meals are delivered every Sunday.

Unlocking The Inner Hero With Hideout Fitness

Hideout Fitness aims to help people unsure of their fitness goals understand the key differences and how both are rock-solid options for bettering one’s health.

Orange County residents looking to improve their health through comprehensive workout plans or personalized meal planning can receive a free 1-hour consultation. The Hideout Fitness coaches physically analyze clients and gets a clear understanding of what would serve them best.

For more information about Hideout Fitness, visit their website and book a free consultation today.

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