





## OPTIMISE YOUR PERFORMANCE FOR YOUR SPORT AND COMPETITION

Athletes need to train specifically, in order to maximise their performance pertanent to their sport, whilst also being programmed to peak at the right time for events.

Furthermore, athletes and keen sports participants also need to maximise their body's ability to stay injury free.

I am a tennis player and tennis blogger myself. In fact, you may have played against me on the local circuit!

I have also applied my knowledge and study / qualifications to maximise my performance in Obstacle course racing.

Whilst I have a particular interest in Tennis related strength and conditioning. I am always keen to hear from athletes from other sports who need help with their training and programming.

'Excellent Personal Training Service. Able to cater to the specific needs of my tennis training. Each and every session has been fun and challenging. Highly

GET IN TOUCH

## TENNIS RACKET CONSULTANCY, STRINGING AND CUSTOMISATION

As a serious tennis player myself I understand the importance of having the right equipment (after all, aside from you, the only other piece of equipment you have on court is your racket and strings).

## ING TO THE NEXT LEVEL

bit more active. It's the same old cliché, I stopped playing any sport after an active get back into reasonable shape and after some initial success, I quickly plateaued.

utomatically biasl, who really has taken my training to the next level and changed week Evolve Natural Fitness and recover programme, which incrementally made changes to my lifestyle.

First by introducing me to new workout routines tailored to my needs - I have old football injuries which include ligament reconstruction in my knee and herniated discs in my back. As the weeks progressed I found myself getting more confident in my ability to perform exercises I would normally shy away from for fear of aggravating these injuries again. We would train online every two weeks (PT) to tailor work outs and we would catch up weekly to further discuss my progress so I always felt supported. Working out never got boring or repetitive.

The most significant change for me however was how Andy developed my understanding of food and nutrition without it overwhelming me.

Learning what type of food is good or bad, how many calories I should be eating, what percentage of macro-nutrients should aim for, has always seemed like a chore. But Andy's guidance documents along with telephone conversations when I had other further questions made it clear and easy to understand. The keyword again is incremental changes which have now become habitual, my diet is better than ever.

I cannot recommend this programme enough. The best thing for me is that it is giving me the tools I need along with the motivation and enthusiasm to keep going and progress even further.

Paul Lavey - HR professional & Animator

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