



PERSONAL TRAINING

1:1
FOCUS

@kinofit

✓ *Weight Management Program*

Improve body composition - reduce waistline, shape up and maintaining good body fat level.

✓ *Health Specific Program*

Exercise for post injury, health condition - hypertension, diabetic; functional and conditioning routine & general wellbeing exercise.

✓ *Fitness Program*

Increase cardiovascular level, strength and endurance.



Need proper training program?
Aiming to get result fast?
Let us guide you..

- ✓ Tailor-made exercise program
- ✓ Proper weight lifting technique
- ✓ Result oriented program

- ✓ Dietary Guidance / Food Log
- ✓ Program for individual fitness level
- ✓ Body analysis update

register at

kinofit.my/personal-training

call or **018-960 2368**



Kinofit Malaysia



kinofit.my@gmail.com

Other services-

Yoga, Zumba, Fitblast, Aerobics, Bootcamp, Pump, KickBoxing, Muay-Thai and many more.

FIND US

