

Anamnesis and Goal Setting

At the beginning of our journey together, the focus is on anamnesis and goal setting. In a detailed conversation, I want to get to know your personal health history, current life circumstances, and most importantly, your training goals. Whether you aim for weight loss, muscle building, increased endurance, or overall well-being – your goals are my guiding light.

Fitness Condition Check

To plan your journey optimally, I will analyze your current fitness condition. This includes measurements such as weight, height, and body composition. I take the time for fitness and health tests to obtain a comprehensive picture of your physical condition. This step helps me tailor the training to your individual needs and abilities.

Personalized Training

With a clear understanding of your goals and a detailed grasp of your current fitness condition, we can customize your personal training. We will adjust training methods, duration, and intensity to accommodate your needs and preferences. We place great importance on variety and enjoyment to maintain motivation.

Whether you opt for strength training, endurance training, functional training, or a combination, each session will be precisely tailored to your progress and goals. You will be guided step by step, with clear instructions and continuous feedback.

My priority is to make your training effective, safe, and inspiring. Personal training is a partnership where I accompany you on your journey towards a healthier, stronger, and happier self.

Ready to embark on your fitness journey? Let's work together to achieve your goals and unleash your full potential. I look forward to supporting you on your path!"