



Release. Restore. Reset.

0141 260 9062 • info@mdtherapy.uk

Introducing Mpower Personal Training at MD Therapy!



Mindset
Physical fitness
Optimal nutrition
Wellbeing
Engagement
Results



Our Mpower personal training programmes are designed to help you accelerate your fitness journey towards achieving your overall health and fitness goals.

Explore our **1-to-1** and **Small Group Personal Training** sessions tailored to meet you at your level. Whether you're just starting your fitness journey or striving for peak performance, we have everything you need to take your fitness to the next level.

Don't miss out on the opportunity to **transform your life** with our **MPOWER** Personal Training programmes. You'll be guided every step of the way under the guidance of Marc's expert, award-winning coaching with empathy and unwavering support.

We offer our **Mpower Total Body Transformation** packages as follows:



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90-Day 1-to-1 Total Body Transformation:

- SILVER: £675 (£225pm)
- GOLD: £1295 (£405pm)
- PLATINUM: £1975 (£585pm)

Small Group Personal Training:

- GOLD: £125pm
- PLATINUM: £175pm

What's included?

- Fitness assessment every 3 weeks
- Personalised workout plans
- Nutrition tracking & meal plans
- Activity tracking using smartwatch
- Progress monitoring
- Online education portal
- Weekly group coaching calls
- Weekly check-in's
- Fitness challenges
- Access to online community
- Discounted access to treatments



You will have access to the following sessions each month:

SILVER	GOLD	PLATINUM
4x 50min workouts	8x 50min workouts	12x 50min workouts

1-to-1 plans also include 2x 45 min online coaching calls each month.



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Can I purchase individual workout sessions?

We offer the option to purchase individual sessions or buy a block of 4, 8, or 12 sessions. These workout sessions do not include any additional online support or coaching calls.

Individual Booking Rates:

Individual 50-minute workout sessions: £45 each

Block Booking Rates:

Block of 4x 50-minute workout sessions: £150

Block of 8x 50-minute workout sessions: £295

Block of 12x 50-minute workout sessions: £435

What results can I expect to achieve with Mpower?

All of our Personal Training plans are tailored to your specific needs so we can't provide you with an exact definition of what you can expect... but here are some results from our previous clients:



Mpower **KICKSTART**

Kickstart your journey to better health and wellbeing in just 6 weeks!

Laura joined our Fitness Kickstart programme with zero experience in the gym, feeling self-conscious and very hesitant about strength training, especially upper body. Fast forward 6 weeks into the training programme and

well, the results speak for themselves... a complete transformation in physique, confidence and strength!



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Mpower LEVEL UP

Take your fitness up a couple of gears and start to feel the benefits of increased strength, improved energy, reduced stress and greater confidence when you look in the mirror.



Moderate to high-intensity workouts that leave you feeling fully refreshed and ready to smash your goals!



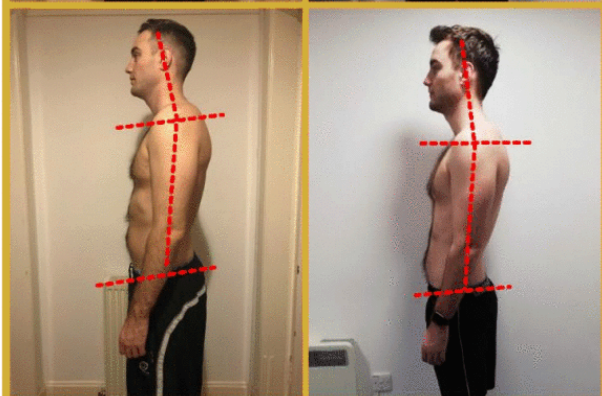
Mpower PERFORM

Elevate your performance with personalised coaching designed to optimise your results for peak athletic performance to unlock your true potential.

Michael joined our 6 week challenge in October with the only goal of losing some weight and stubborn body fat.

Marc has helped Michael achieve:

- a reduction of 7.5% body fat,
- an increase in muscle mass, mainly across chest and arms,





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- and in addition, an incredible postural re-alignment in hips and shoulders

Michael's results are a testament to his commitment and dedication to training and following the advice given on the programme.

Can I add other clinic services and supplements to my Personal Training package?

Yes! We offer our Personal Training clients 10% off all Clinic Massage and Wellbeing Coaching services.

In addition, you will be eligible to receive exclusive discounts with our preferred partners.

What payment options do you offer?

Our monthly memberships can be paid by Direct Debit using our secure online payment system or recurring card payment using Stripe. Individual sessions can be paid by credit/debit card or cash.

How do I get started?

For a personalised quote to meet your specific needs, please contact clinic reception on **0141 260 9062** or email **info@mdtherapy.uk** to book in for your fitness consultation.