



Transform your life.

Situated at Co. Space Midrand A29 – A30
Reception: 011 100 2908
Head trainer: 073 635 4062

Flab2Fab Fitness Private gym/personal training studio Midrand – The home of champions

Transform your body ... Transform your LIFE

Flab2Fab Fitness Private gym/personal training studio Midrand is a creative and supportive environment which provides a passionate community for men and women. Flab2Fab Fitness helps you to feel healthy, look healthy, unlock your potential, and be healthy like-minded people.

Flab2Fab was founded for one simple reason, wanting to create the most effective personal training method. The aim of this page is to show you why training at Flab2Fab is so different, and so effective.



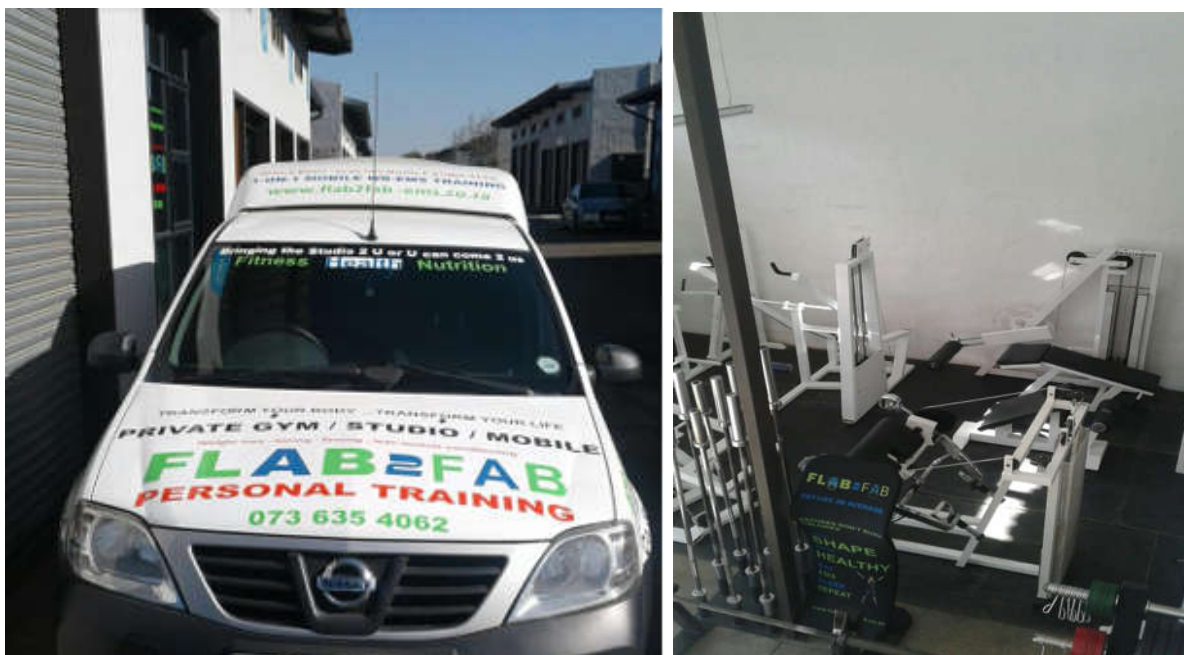
Originally started as 1-on-1 mobile fitness personal training, providing services at private home and offices, have grown to become recognised within the fitness industry. Flab2Fab delivers high quality results and service through expert coaching, accountability and support in a family like environment.

We realise where big commercial gyms are letting normal people down & especially in working with people who are 30+, 40+, 50+ & 60+ years old.



Flab2Fab Private gym/personal training studio, Midrand knows every-one's names & give more personal attention. We have no turnstiles or membership cards & our membership is capped at 100.

The Flab2Fab team is older, more experienced, can relate to various restrictions and better qualified than you will find anywhere else, offering the top 10 best personal trainers in Midrand.



Flab2Fab Private gym/personal training studio, Midrand **has 2 focus points**

- 1) concentrating on longevity & health other than lycra and a 6-pack
- 2) clients looking to have 6-pack abs, *wanting to look great naked* and would like to compete in various fitness shows and possibly represent their province or country.

Flab2Fab Private gym/personal training studio, Midrand is creating a vibrant friendly community where members can inter-act with each other, are very supportive, welcoming and encouraging.

Flab2Fab Private gym/personal training studio, Midrand would like to welcome you to Unique Results and new friendships. You don't need to be a competitive athlete to be a champion, achieving your goals shows the drive and commitment of a champion.





FLAB2FAB
FITNESS / HEALTH / NUTRITION
Your dream body in just 2 x 20 mins a week

- 1 on 1 mobile EMS training.
- Personal training.
- Bring the studio to U.

European engineered EMS technology.
Activates 90% muscle fibers with every impulse.
Strong Intense results.

- Reduce body fat and tone.
- Build and strengthen muscles.
- Increase sporting performance.
- Improve muscular imbalances.
- Tighten connective tissue.
- Aid lymphatic drainage.
- Speed up your medical or post natal recovery.

www.flab2fab-ems.co.za



“Creating a healthier you – from Jellyfish 2 Hour-glass”

1-on-1 / group personal training

Flab2Fab Private gym/personal training studio, Midrand pride us on being the most welcoming, friendly and inclusive private gym/studio you'll ever find for people who hate the idea of large franchised impersonal gyms.

Flab2Fab Private gym/personal training studio, Midrand provides a supportive, healthier and passionate community for women and men. Flab2Fab help you to unlock your potential and LOOK healthy, FEEL healthy and BE healthy with, like-minded people.

Flab2Fab Private gym/personal training studio, Midrand would love the opportunity to do the same for you.

Unique results converting your Flab 2 Fab, IF YOU:

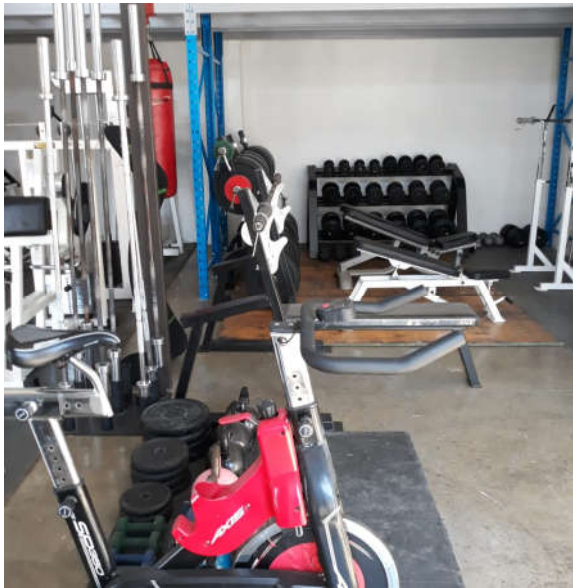
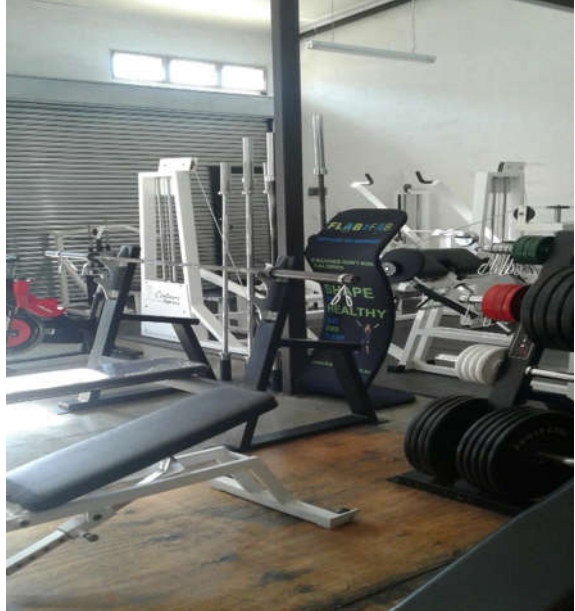
- want to make a change to the way you look & feel
- want to get the most out of life and have loads more energy
- have tried diets or exercise in the past and have given up or they haven't worked for you
- are not confident or are uncomfortable going into big impersonal gyms
- you recognise you need guidance & expert help to get you where you want to be

This includes the following:

- Inner scan – full body assessment to determine your starting point
- Goal Setting
- Functional Movement
- Teaching you some basic movements – correct posture.
- Nutrition program – meals, vitamins and supplementation
- Groups are capped at 8 people per class

Most of Flab2Fab Private gym/personal training studio, Midrand members aren't used to regularly exercise when they join us, so they've got no idea what they're capable of. Some of them may have concerns around injuries or medical conditions they've had in the past.

Some clients need a bit of extra help as they start of their fitness journey with us and that's why we've created the Flab2Fab Programme which is the way every new member is introduced into our private gym/studio – converting your flab and wanting to look and feel fabulous.



How it works

Getting to know you

We schedule a convenient sit-down consultation with you to discuss where you are now, exercise history, your medical history and take some basic measurements, you'd hop onto our inner scan scale; to help us move forward. Each client has a file that we can track your fitness and assessments, which is available on request at any-time. We will also find out what you want from your time with us.

Goal Setting & start to move

We will discuss in more detail what is most important to you to, your goals you want to achieve through your training with Flab2Fab. We will also do an assessments to benchmark where you are starting from with a few low intensity physical movements.

Movement & Nutrition

We will take you through a basic low intensity movement assessment to see where we can help you most and show you our Flab2Fab Nutrition System to help you plan your weekly meals and shopping.

Introduction to training

We will show you how to perform some of fundamental, basic movements that you will be using with us. You will be introduced to our training principles and you will experience your first training session with us.



Flab2Fab Fitness Private gym/personal training studio, Midrand – personal fitness training

Why choose a Flab2Fab personal trainer

- To put it simply, Flab2fab Private gym/personal training studio, Midrand is obsessed with improving what we offer, we eat, sleep and breathe health and fitness. This shows in the spectacular results we achieve for our clients and for ourselves.
- We are totally unique because we both talk the talk and walk the walk. We are top athletes, world-class athletes, highly qualified and academic coaches and trainers. We love what we do and are constantly learning and training ourselves. After all – if you can't train yourself, who can you train?



- Flab2Fab was setup by Martin van Wyk, Former Springbok Martial Artist, Rock climber & current IFBB masters over 50 Champion, who previously trained people for free in his spare time, because he is so passionate about performance and improving the human body. He is constantly driven by the incredible sense of fulfilment he feels when he helps someone achieve their goals – no matter if they're an elite athlete or a middle-aged housewife. We believe that any person can positively change themselves and their bodies, and we will move heaven and earth to ensure that each-and-every person who enters our premises leaves feeling happier, more confident, and healthier.
- Flab2fab Private gym/personal training studio, Midrand never impose our own goals on a client. We listen, advise and then coach with that specific goal in mind. We are not rent-a-friend trainers or here to put on a circus show. Flab2Fab Private gym/personal training studio, Midrand is here to get a very specific job done. That job is the one that you set for us – to achieve your own unique version of improved health, fitness and/or physical appearance. We don't stand-back, in fact we get stuck right into every aspect of your life that you are prepared to share with us. No other way is appropriate for the commitment and investment that you should be making in your health.
- We hope this has given you an insight into the passion we feel for personal training. If we've got that across, we've managed to show you one of the biggest and most important traits you should be looking for in a personal trainer. If you're still not sure about that energy, and how powerful it is, come and meet us and you'll be left in no doubt.

About Flab2Fab private gym/studio

Flab2Fab Private gym/personal training studio, Midrand is providing our services from Co. Space, Business Park, President Park - Midrand.

Safe complimentary parking, check-in with driver's licence by security.



Conveniently situated between Johannesburg & Pretoria, why sit in the traffic on your way home, when you can relax in the HUB or have a work-out. In close- proximity of Rand airport, Gallagher Expo centre and Mall of Africa.





We offer access to the HUB for a mere R285/month, our meeting place, where you can relax on comfortable couches, grab a complimentary cup of coffee, have a stunning hot water shower, our ablution facilities offer paraplegic toilets for those who might need this.



This is where friendships can be formed in a relaxed environment. All our personal training clients will have access to complimentary WI-FI. There are booths where you can sit and check your email or book 1 of the conference rooms for your next meeting. Rates available on request.

Should you not opt to join the HUB, we have 3 x communal ablution facilities consisting of shower, toilet and basin at your disposal.

Business opportunities

As Co. Space expands so will Flab2Fab

The following areas coming soon:

Boundary Park – Kya Sands

Willow Park – Pretoria

Parklands – Cape Town