



RAPT fx

Enhancing Performance Through Fitness

ARE YOU LOOKING TO

Enhance fitness?

Reduce your insurance premium?

Increase Muscle & Reduce body fat?

Looking to maximize your genetic potential?

Looking to Recover from an injury & Prevent injuries in the future?

Come Train with the BODY GURU

THE BODY GURU uses RAPTfx system in offering you the best Remedial Personal Training experience! Included in your training is a thorough Postural Analysis, which includes Static Posture, Flexibility + Balance & Goal Setting, where realistic targets are set to achieve your goals!

Training with the BODY GURU is Fun, Different, Safe and Fulfilling, thus enhancing your life in work and play! The journey we share will help you become the 'GURU' of your own body! From Enhancing Performance to Being Well, he has you covered.

What to expect:

- Sports specific training
- Yoga and stretch sessions
- Massaging for performance
- Performance training
- Core training
- Resistance and Cardiovascular training
- Counseling and goal setting

Training options:

- 30 ,45 & 60 mins
- Once a week, twice a week,3/week, 4/week, 5/week
- Partner training and group training available

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RAPTfx systems:

RAPTfx is a new kind of Personal Training system, developed in Australia in consultations with Physiotherapists, Surgeons, Pilate's instructors and other professionals from the health and fitness industry, it is adapted to suit the new fitness conscious India!

Offering you remedies not only for your Body, but for your Mind and Soul, thus helping you maximize your potential and enhance your performance in work and play. RAPTfx is a Personal Training system based on Offering remedies/solutions and uses the expertise of its large network of professionals registered through "raptfx.com"

'Why RAPTfx?

The dictionary defines '**rapt**' as -delighted, engaged, spellbound, captivated, adsorbed, attracted, involved, all of which sums up my business philosophy –

“To give you an experience to make you feel ‘WOW’!”

RAPT also sums up my personal philosophy of Prevention and Functionality! I.e. make exercises as functional as possible and safe so that your chances of injuries are minimized!

What is RAPTfx?

RAPTfx' is the acronym for **R**emedial **A**pproach **P**ersonal **T**raining, 'fx' stands for '**effects**'! Thus '**RAPTfx**'

RAPTfx offers remedies towards Enhancing performance In work and play!

RAPTfx uses the expertise of a network of highly qualified professionals from Australia and India

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