



 **CIMSPA**
CHARTERED INSTITUTE FOR THE MANAGEMENT
OF SPORT AND PHYSICAL ACTIVITY

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**PPL
PRS**
United for Music

CHANGE YOUR LIFE ACHIEVE YOUR GOALS HAVE SOME FUN

1-2-1 PT · BOOTCAMP · ONLINE

VISIT - WWW.AVERAGEJOEPT.COM
AVERAGEJOEPERSONALTRAINER@GMAIL.COM
07849 628 714 / 01749 676 143





ABOUT JOE

My name is Joe and I am a Personal Trainer. I consider myself a realist - someone who believes that compassion is key in a working relationship to help achieve a goal. Everyone has a story, and my mission is to listen to all of your stories and help you to build your own path to your own achievements.

I have 25 years of martial arts experience and 20 years of teaching experience, so I am no stranger to helping people achieve their goals whilst having tremendous fun in the process.

Level 2 Fitness Instructor

Level 3 Personal Trainer

5th Degree Black Belt in Karate

Brazilian JiuJitsu Practitioner

Certified Instructor of British Combat Association

Enhanced DBS Certified

NSPCC Safeguarding Certified

Emergency First Aid Qualified

PPL PRS Licensed

CIMSPA Registered

FitPro Insured



PERSONAL TRAINING

Whether you're interested in cardio, interval or weight training, or you're goal orientated such as weightloss, body toning or muscle gain, Average Joe can help you with all of your needs. All we need to know is what your goals are and how do you want to get there, because without fun, hard work is just hard work!

Check out the following choices of payment:

Personal Training
only **£35** an hour

or

Monthly Plans
1 a week - £125 pcm
2 a week - £240 pcm
3 a week - £350 pcm
4 a week - £450 pcm
5 a week - £540 pcm

or

Buy 9 Get 1 Free
£315

or

Ask about bringing
a training partner



LOCATIONS

You have lots of choice of where to train, here are some of your options:

1.

Come along to Average Joe's regular gym, LJD Studio Glastonbury, everything you need to achieve your fitness goals.

2.

Average Joe can come to your house in his van full of equipment such as dumbbells, kettlebells, medicine balls and martial arts gear, all to build a workout in the comfort of your home. Travel is free within 10 miles of Wells, add £1 for every mile after.

3.

Weather permitting, we can train outside, it's free and we can use the equipment from my van.

4.

We can go and train at your favourite gym, however, this may mean you will have to pay PT fees alongside your gym entry/membership and Average Joe's usual fees, making for an expensive workout.



BENEFITS

You get a FREE, no obligation consultation to talk about you, your goals, your ambitions and your favourite exercises.

Every 6 weeks you get a brand new, bespoke workout plan designed entirely around your desired workout, short term goals and long term goals.

Average Joe PT clients get FREE diet assessments anytime. Through the medium of photographic food diaries, clients can easily document their regular diet and receive fair and reasonable reedback about your diet. Remember - we are all allowed regular small treats and occasional big treats.

As well as choosing between 3 payment plans you are welcome to discuss a routine and payment plan that works for you, your routine and your work schedule. Flexibility helps client to achieve their goals.

FREE access to Hard Rock Bootcamp allows clients to spend private sessions focusing on specific goals whilst covering general fitness at the classes.

PT clients will recieve a FREE session for every friend that books a FREE consultation.



HARD ROCK BOOTCAMP

Average Joe PT clients also get an all access pass to Hard Rock Bootcamp; an exercise class suitable for all ages and abilities that changes every week, focusing on all areas of fitness whilst rocking out to the greatest playlist ever made!



Can be outdoor or indoors
Competitive training fees
Different workout every time
Cardio, interval and weights sessions
Fun and enjoyable atmosphere
Extensive and energetic rock playlist
No need to book, just turn up
FREE for all Average Joe PT clients
FREE session every time you recommend a friend



Wednesdays & Fridays
18:15 - 19:00

**Kennion Hall, Wells Blue Sports Centre,
Kennion Road, Wells, Somerset, BA5 2NR**



TESTIMONIALS

"Joe Andrews is a highly accomplished, naturally gifted and inspirational PT and Instructor. He is absolutely passionate about what he does and this is clearly reflected within all his classes. Joe's sessions are always well planned, coherent and delivered to effectively meet his clients' goals and objectives; moreover, they are great fun. His correct blend of motivation and good humour will get the best out of you."

- Alex D.

"Joe is very approachable and professional. His sessions are always very well structured and informative. They are also fun and relaxed, and you feel you can ask any questions without worry."

- Natasha L.

"Joe has been amazing as a personal trainer. I have mobility issues which Joe came up with a completely bespoke series of sessions for me. He made each session achievable but stretching. Joe invested in kit specifically for me and our sessions. He's a complete star!"

- Mark W.G.

"Joe is a fantastic personal trainer. He sets realistic targets which allow you to reach your goals. His professional, disciplined and fun approach keeps you motivated. He has an extensive knowledge of fitness and the body. Joe has personally helped me improve my fitness and overcome a long term back problem."

Highly recommended for all ages and abilities."

- Matt P.

"Joe is an experienced and patient instructor. He has a unique knack of being able to tailor training to suit one's ability. Most of all he makes hard work fun, and his genuine and warm personality makes him a pleasure to be around. I would recommend him wholeheartedly and without hesitation."

- Mark H.

"I always enjoy fitness training with Joe. While he asks a lot, expecting you to keep going, try your hardest, he also adapts exercises to your needs. For example I find it hard to do burpees owing to a back injury, so that exercise is always modified to something I can manage safely. He takes time to focus on stretching and exercising to prevent injury. Joe wants to know what your fitness goals are and helps you to find the right strategy to get you there. He expects you to give 100% and he will give you 110%."

- Sue R.



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Thanks for reading, I hope you found everything informative and exciting. Everything you need to know is available in this document but if you have any questions feel free to contact me through the following channels:



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