



LB PERSONAL TRAINING

PRICES START at €15 PER SESSION

DO YOU HAVE?

- ▶ DIABETES TYPE 1 OR 2
- ▶ ARTHRITIS
- ▶ DIGESTIVE PROBLEMS
- ▶ CORONARY HEART DISEASE
- ▶ OSTEOPENIA



'...In 12 weeks I lost 10 pounds but more importantly I started to tone up and build muscle. I would highly recommend Larry and his programme as I have never seen results like the ones I have gotten here.'



'...Every part of my programme from the diet to the training was specifically set out for me... I would highly recommend anyone who wants to get in shape or even better shape to give Larry a try...'

I CAN HELP YOU OVERCOME / PREVENT THESE!!

PERSONAL TRAINING BY ATHLETE: *LARRY BRADY*

Location: Morton Stadium, Santry, Dublin 9.

EMAIL: lbpersonaltraining@outlook.com

PHONE: 087 6380790

SERVICES:

[PREMIUM PERSONAL TRAINING]

With experience in premium personal training studios around Dublin Larry offers his services on a 1 to 1 basis. OR, why not buddy-up with a friend for motivation at a cheaper rate for you?

[PROVEN FAT LOSS PROGRAMME]

8 Week Transformation for Male and Female fat loss with a detailed nutritional programme.

[STRENGTH AND CONDITIONING]

For those aiming to improve in their chosen sport. Larry also has experience working in Munster Rugby.



Facebook: [LB Personal Training](#) or Friend: [Larry Brady PT](#)

Twitter: [@LarryBradyPT](#)

