



LSDN
PERFORMANCE

Ben Foulis
BSc Sports Development
and Coaching Science
Personal Trainer and
Sports Massage Therapist

What am I about?

I competed in high level sport right up until the age of 18, where after suffering from various different recurring injuries, I decided to call it a day and train solely in a gym.

As time progressed and my fascination for training increased, I began to study and critically analyse other trainers methods. I always felt like I could do more; so in the final two years of my studies I took on a handful of personal training clients to hone my craft and increase my levels of experience. In this time, we achieved some incredible results and I knew from that point on, that I could do more in this industry.

Upon graduation from Bournemouth University in 2015, I moved to London to begin my career as a full time personal trainer and since then have managed to help hundreds of incredible people to lead stronger, fitter and healthier lives.

Whether it be to transform your body, rehabilitate from serious injury or to train for a specific sport or event, if you can commit to me and the process 100%, then I guarantee we will transform your life.

Knowledge + Experience = Results

Ben

What do I specialise in?

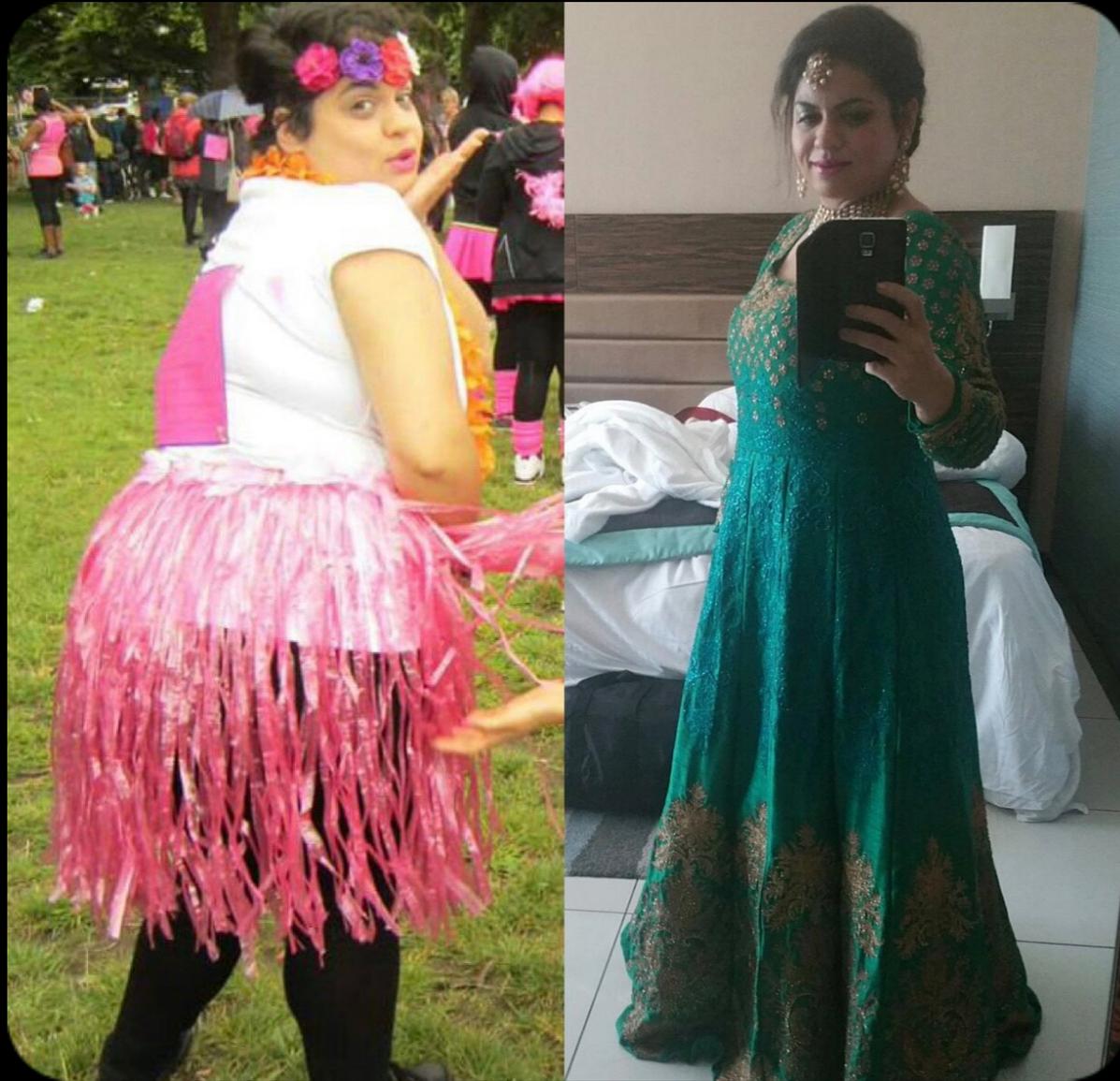
Body Transformation - As evidenced from the proceeding transformation photos, if you are looking to transform your body in a short time frame, you have come to the right place. With years worth of experience and easy to follow, tried and tested methods, I guarantee that we can construct a plan that will transform your life!

Injury Rehabilitation - Having studied injury rehabilitation extensively at university and having worked with clients on rehabilitation ranging from broken ankles to full knee reconstructions, slipped disks to those with scoliosis. I have the knowledge to construct a strategic plan to get you not just moving normally, but performing better.

Sport/Event Specific Training - Having worked with high level coaches spanning various different sports and from the wealth of experience and knowledge gained within my sports coaching science degree, we will take your sport/event performance to a level you have never experienced before.

If you are looking to maximise your potential and reach peak performance levels for a sport or event... then look no further!

Client Testimonials/Transformations



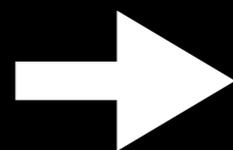
1 year

The guidance from Ben was just what I needed. I was tired with my old gym routine, the motivation and results I once had were slowly draining away. Ben introduced me to several amazing new ways of exercising which I immediately found challenging yet fun. This new approach also felt more “real”, as if this is the way the body should be exercising, rather than being locked on a treadmill or cross trainer. I feel great and can see the results in the mirror. Thank you Ben!

Madhu



Start



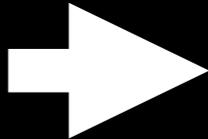
6 weeks

I started training with Ben with high hopes due to a recommendation from a friend. I put a lot of trust in him that I'd see fast results and he surely delivered! I needed to make muscular gains to make me more effective on a football pitch and from the programme designed and given to me, it was evident Ben did his research and tailored the programme specifically for me, as I put on 5kg's of lean muscle over the space of just 6 incredible weeks!

Through knowledge and his infectious enthusiasm, he made all of this achievable!

Luke



Start  25 weeks
(20+ kg dropped)

Ben's one on one training and nutritional advice helped me get the push I desperately needed to adjust my lifestyle. Ben is really easy going and approachable, so I never have to worry if I have any questions or need help. During our sessions, Ben pushes me even when I don't think I'm capable of something. Each time is different from the last, which keeps it interesting. He's got a great sense of humour and I look forward to our weekly sessions. Training with Ben has easily been the best decision I've made all year and I'd highly recommend him to anyone who is looking to make a change.

Desiree



Start → 12 weeks

I had been trying to put on weight for the last 3-4 years now. Regardless of what training I would do or the amount of food I would eat my body just wouldn't change. Within five minutes of talking to Ben I knew he could help me. In the first five weeks I wasn't really sure of my results until I saw the progress picture, then I was amazed. This and Ben's encouragement continued to push me on and after 12 weeks I have managed to put on 4 kilos. You're an inspiration my friend!

Sam



Start → 12 weeks

Before I had met Ben I was left a little confused and deflated from my numerous attempts to get fit and lose weight. Everywhere I turned I seemed to get differing advice with mixed results.

Then I was introduced to Ben and he changed my life almost immediately. I feel fitter, stronger, healthier and I am so happy with my results... and it was all so easy!

Chethana

Packages for Personal Training



Bronze package
(fairly committed):
10 sessions = £750

Silver package
(very committed):
20 sessions = £1400

Gold package
(extremely committed):
30 sessions = £2000

*All Personal Training packages are valid for exactly 3 months from the date of purchase. At this point, this package will expire and renewal will be required should you wish to continue on with your training.
All packages are subject to availability.

Packages for PT Team Up (train with a friend)

Bronze package

(fairly committed):
10 sessions = £950

Silver package

(very committed):
20 sessions = £1800

Gold package

(extremely committed):
30 sessions = £2600



*All PT Team Up packages are valid for exactly 3 months from the date of purchase. At this point, this package will expire and renewal will be required should you wish to continue on with your training.
All packages are subject to availability.

Packages for Semi Private (up to 3 people)



Bronze package
(fairly committed):
3 months = £1000

Silver package
(very committed):
6 months = £1850

Gold package
(extremely committed):
12 months = £3300

*You are entitled to a minimum of 8 SPT sessions per month (2 x per week). These sessions are limited to 3 people per session only.

For full T's + C's, please refer to the rules and regulations at the end of this brochure.

What you receive

When you agree to come and train with LDN Performance not only do you receive high quality training, but you will also receive:

- ★ Detailed nutritional analysis using the MyFitnessPal mobile app.
- ★ 2 nutrition documents, detailing what is in the foods that we eat, how frequently you should be eating them along with a comprehensive shopping list on what should be in your basket when in the supermarket.
- ★ A bespoke training program, designed specifically with your goals and lifestyle in mind.
- ★ Supplement analysis. What do you actually require instead of a list of ineffective and costly pills and potions.
- ★ A detailed strategy to get you sleeping better and recovering like an athlete.
- ★ Either; Ultimate Physique Guide or Ultimate Fat Loss Guide eBooks.
- ★ 50 Calibre Conditioning eBook.

Availability

Monday: 11:30-20:00

Tuesday: 11:30-20:00

Wednesday: 11:30-20:00

Thursday: 11:30-20:00

Friday: 11:30-19:00

Rules and regulations

Payment must be received in full prior to your first session.

24 hours notice must be given should you need to cancel a session to allow time to fill this slot with another client. If less than 24 hours is given and the slot cannot be filled, unfortunately you will still be charged for this session.

No refunds will be offered should you decide to stop training prior to the end of your block of sessions.

When paying for this service, you are buying in with the understanding that for your overall goals to be reached, you are required to commit 100% to both the training and nutrition plans. If you aren't fully committed, then the results won't be as vast!

If the plan isn't going exactly how you would like it to, then let me know ASAP, as it is my obligation to give you the best product possible and we can work together to ensure you are 100% satisfied.

Whether it be for Personal Training or PT Team Up, your package of sessions is valid for exactly 3 months from the date of purchase. At this point, this package will expire and renewal will be required should you wish to continue on with your training.

Semi Private Training

When signing up for SPT, you are entitled to a minimum of 8 SPT sessions per month. This number of sessions is based on a 4 week month (2 sessions per week). Should your package fall on a month where there are 5 weeks, then the final week for this month comes inclusive in the price, meaning you could train up to 10 times for the price of 8. All cancellation policies apply (24 hours notice). Should a session be cancelled due to myself, if you haven't had your entitled 8 sessions for this month then I will reimburse you with an extra session the following month. These sessions are limited to 3 people per session only.

All training packages are subject to availability.

Contact details

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www.ldnperformance.fitness