



whatever your goals, reach new heights

new heights fitness

Kick Start

Your Training

with Rich Hudson

- ◆ Energise your New Year
- ◆ Push through that plateau
- ◆ Address your excess
- ◆ Get strong for the Comp Season
- ◆ Smash that summer project
- ◆ Personalised training plans and a tailored approach
- ◆ Free assessment and discounted bulk buys available

Whatever your goal. Whatever time of year.

When you are finding it hard and need that boost to take it to the next level, Rich is the man to lift you there.

- Gaz Parry, British Boulder and Lead Champion

Whether you're looking to improve your general fitness or for sport specific training, contact Rich to discuss your goals

**REPs**
The Register of Exercise Professionals
PART OF SKILLSACTIVE
No. R0070028

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