

kinofit

PERSONAL TRAINING

Private Training Program



Find us in
Seruang Square
D-03-03

Weight Management Program

Improve body composition - reduce waistline,
shape up and maintaining good body fat level.
Nutrition guidance.

Health Specific Training Program

Exercise for post injury, health condition - hypertension, diabetic;
functional and conditioning routine & general wellbeing exercise.

Fitness Program

Increase cardiovascular level, strength and endurance.



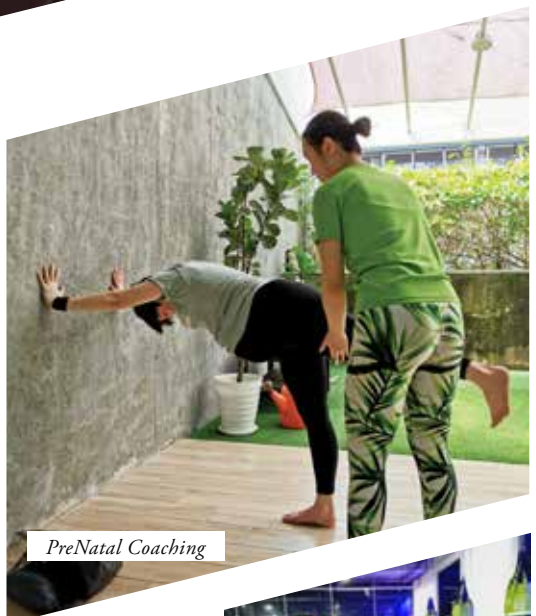
Strength Training

Strength, Tone & Weight Management

- ✓ Tailor-Made Exercise Program
- ✓ Training Techniques & Tips
- ✓ Individual / Small Group
- ✓ Result Oriented Program
- ✓ Dietary Guidance
- ✓ Body Analysis Update



Functional Workout



PreNatal Coaching

Private session for unique individual needs,
Our coaches are certified with vast experience!

Find out more -

Call / Whatsapp us: **018-788 2368**

www.kinofitpersonaltraining.com



Martial Arts

ADDRESS:

D-03-03, Seruang Square, Eco Santuari, 42500 Telok Panglima Garang, Selangor, Malaysia.