

The (super secret) sauce of the Horizon Training Method

- **Educative**
- **Evidence Based**
- **Realistic**
- **Future proofing your body**
- **Personalised**
- **Fun**

Full Body Strength Training 🌈🏋️

It's all about time. With only so many hours a week, don't fall for the cardio and body-part split memes.

Prioritising 📁

Depending on your individual needs, some things need to come first. Posture and muscular balance correction will come before glamour muscles.

Back, Glutes, Legs

The main goals for any fitness program should be 1. to stay in a healthy weight range 2. Build a foundation to walk upright and pain free at 90. 3. Muscle mass.

Progression 📊

We track every workout to ensure you make progress every time you come within a week. This is all tailored to your personal recovery capacity and training level.

✨ New Calories ✨

Tastier food. more results. It's not about weight loss per-se, but turning the max of your calorie intake into a fitter body.

All trainers are dedicated for you to
Learn to Fitness.



Oh yeah...

The Horizon Philosophy

It's big brain time

1. Set a Horizon.

We set a point 3 months in the future and work towards a result. Then you relax and maintain your result in terms until your next period of discipline.



2. Keep your flame burning

With strength training you only need a fraction of the effort to maintain what you built up. We just have to keep your flame burning (and your personal plant at the gym alive by watering it yourself),

3. Pass on the torch

A fit body is a fit mind. And you will inspire others with your results and new knowledge on true fitness. If we all inspire one friend to get fit for life we can change the world.



