ŠODA

LIFESTYLE

PERSONAL TRAINING

Purposeful 1-to-1 training built on technique, strength, and consistent execution.

Built from your starting point.

Training is tailored to your level, goals, experience, and resilience. We do not work from where you think you should be, but from where you actually are. From there, we build forward.

The foundation.

01 **TECHNIQUE**

Move with control, precision, and confidence.

02 **STRENGTH**

Focused training to build strength.

03 **CONDITIONING**

Build capacity that matches your goal.

04 **CONSISTENCY**

Repeated practice for steady progress.

The process.

01 **INTAKE**

Goals and starting level.

02 **INBODY**

Assessment and goal setting.

03 **ANALYSIS**

Technique and load tolerance.

04 **COACHING**

Direct feedback each session.

05 **PROGRESS**

Track results and adjust.

What is included.

- Personal 1-on-1 training
- InBody assessment, intake, and goals
- Movement and technique analysis
- Technical coaching
- Progress tracking and adjustment
- Strength, conditioning, and resilience

Location

SODA BODYFIT — AMSTERDAM

Falckstraat 11, 1017 VV Amsterdam

ŠODA Personal Training takes place at SODA Bodyfit in Amsterdam.

The next step is yours.

Personal guidance begins with the right alignment. This intake is meant to gain insight into your mindset, goals, and commitment to growth.

More information: brunosoda.nl/personaltraining ↗

