

Personal Training In Your Home

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Xceller8ed Personal Training will meet you at your preferred location.

We come to your home, your local park, your office OR we can train you at our Private Personal Training Studio in Toronto.

Xceller8ed Training does not charge additional fees to come to your chosen location.

Our approach:

We will custom-tailor a program that is specific to you and you only. We don't try our best, we do whatever it takes to get you results. Our mission is to see you achieve your exercise, fitness and health goals as effectively and fast as is possible.

Each training session will contribute to your strength and performance development. Fit Squad trainers ensure each and every session moves you toward your fitness goals, and this is achieved via progressive overload. . Your body reacts by adapting to the changing stimuli... you improve in strength, speed, endurance and health. By operating in this manner Fit Squad trainers eliminate the risk of ‘hitting a plateau’. You will not experience stagnance...you will continue to progress forward.

With Xceller8ed you will meet an advanced trainer; one who posses an extremely unique background.

What stands Xceller8ed apart from the rest is its incorporation of training methods used by the German army. Each session is different from the next, and each client experiences something unique because of the tailored approach we bring.

Contact us now for your complimentary consultation

and free personal training session.

