

Outdoor Personal Training

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Do you like to workout outdoors?

Xceller8ed brings
you a new personal training experience.

Escape the confines of your home, office, or gym and experience a challenging, fun and highly effective outdoor training session. You pick the location and time and we will be there to help reshape your body and revitalize your health. We guarantee your fitness level will improve and you'll soon be fitter and healthier – all while enjoying the outdoors!

Unsure about where to exercise? We use a number of parks and outdoor areas in the city and will locate the most convenient spot for you. Whether you want cardiovascular enhancement, strength gain, an increase in flexibility, endurance, toning or weight loss we know where to go.

Train for a fraction of the cost!

We offer small group personal training for groups of 4 or more. Exercising in a group makes the session more competitive, fun and pushes you past your usual limits. Plus, you still receive all the benefits of working with a personal trainer!

Please contact us for Outdoor Personal Training.

Please contact Personal Trainer München for the ultimate outdoor challenge in the German Alps!