

INTRO TO / ID



REWRITING THE DNA OF MOVEMENT /
/ BREAKING THE BOUNDARIES /
/ TAKING NEW STRIDES

INTRODUCTION

Meet your holistic
health team

Or



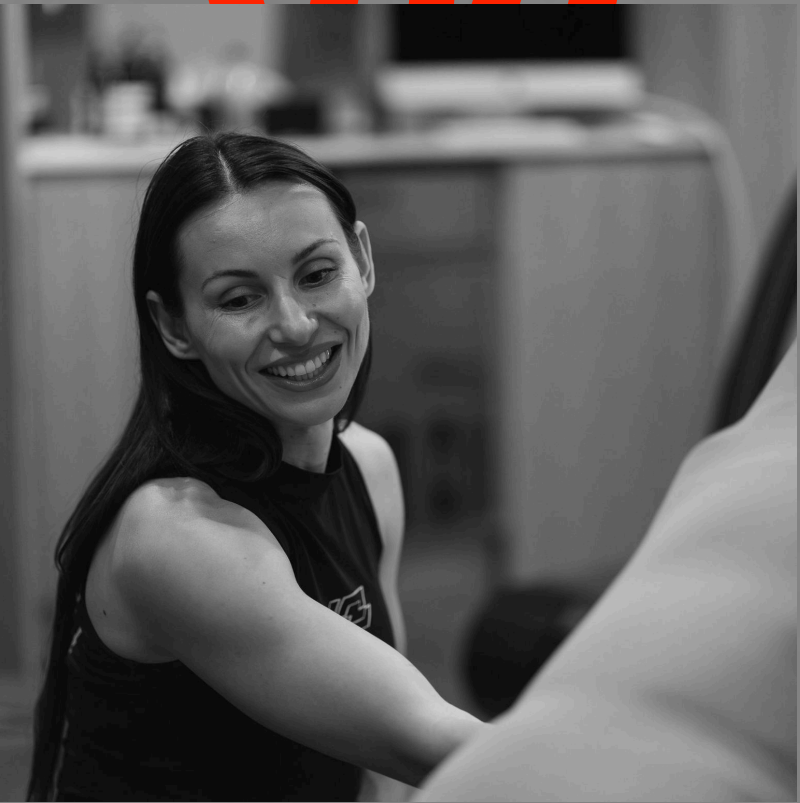
KYLE FOUNDER



JEREMIAH TRAINER



ANNA CLIENT SERVICE



BIANCA IN HOUSE
PHYSICIAN



ROD LEAD TRAINER



MISSION

TO REDEFINE
FITNESS THROUGH
INTELLIGENT
DESIGN,
ENGINEERING
MOVEMENT THAT
ALIGNS WITH YOUR
CORE, YOUR CODE,
AND YOUR FOCUS.

We curate precision-crafted experiences
that put the person back in personal training.

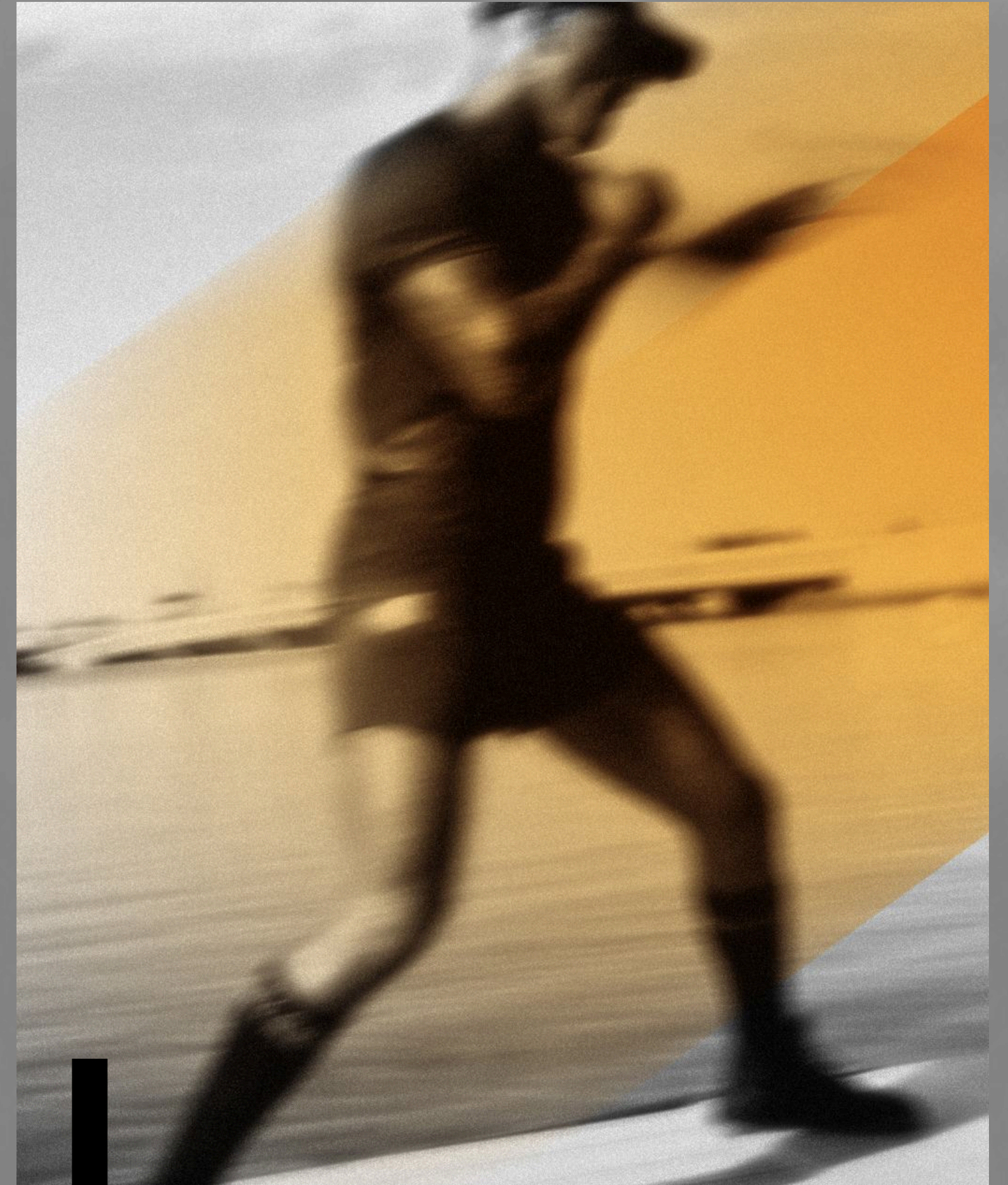


O2

SERVICES



CORE ID
SERVICES BUILT
AND REFINED FOR



YOU



01

BLUEPRINT



SERVICES



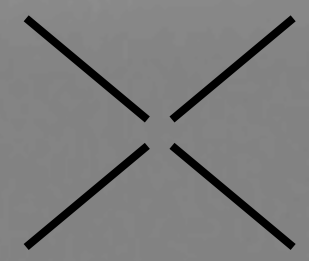
WE CRAFT YOUR PERSONALISED PERFORMANCE PATHWAY

Using our advanced **M2 (Metabolic Mapping) System**, we dive into the specifics of your body's metabolism, assessing how you perform, adapt, and fuel your movement.

Through testing and in-depth fitness evaluations, we craft your Personalised Performance Pathway, a precise, data-driven plan designed to fit your unique goals and lifestyle.

RESULTS NOW. TRANSFORMATION ALWAYS





THE M2 (METAMAP)
ASSESSMENT FITNESS TESTING

£ 900

Understand how your body
fuels movement

Unlock a detailed breakdown
of your body composition

RESTING
METABOLIC RATE (RMR)

INBODY ANALYSIS

V02 MAX / TESTING

SKINFOLD +
CIRCUMFERENCE MEASUREMENTS

STRENGTH +
MOBILITY TESTING

Track your progress with accuracy.

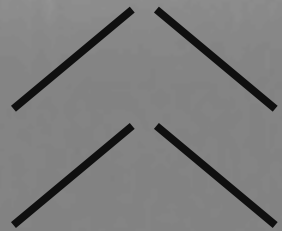
Assess your key movement
patterns for total performance



02

TRAIN





TRAINING
CODE I

£ 1320

THE LEAN CODE

TARGETED
WEIGHT LOSS

The code to sculpt you

EXPERTISE FOCUS APPROACH
GETS YOU BACK IN SHAPE

A results-driven program designed for weight loss that adapts to you, helping you achieve your transformation metrics without unnecessary complexity.

THE BREAK DOWN
DURATION

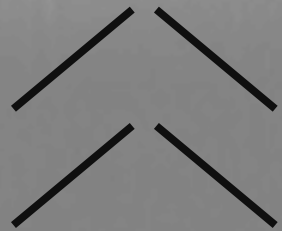
12 : 3 : 30

WEEKS

SESSION PER WEEK

HOURS OF REST





TRAINING
CODE II

£ 1620

THE PERFORMANCE CODE

TARGETED
PERFORMANCE
ENHANCEMENT

The code to push you

ATHLETIC GOAL SPECIFIC COMPETITIVE
ENHANCES YOUR CAPACITY

A data-driven training program
tailored for athletes and goal-driven
individuals, optimizing your
performance to reach peak levels in
sports, competitions, or endurance
challenges

THE BREAK DOWN
DURATION

12 : 3 : 30

WEEKS

SESSION PER WEEK

HOURS OF REST





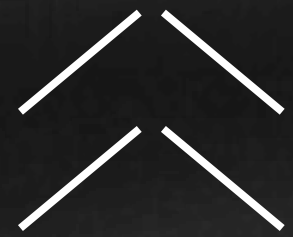
TRAINING MEMBERSHIP
CODE X

LONGEVITY

CODE



SERVICES



MEMBERSHIP
CODE X - FOUNDER

£ 2160

TRAIN WITH KYLE

Led by Kyle, with over 20,000 hours of personal training of expertise blending science and intuition, these exclusive sessions are designed to push your performance to its peak. Kyle's approach focuses on precision, adapting every session to maximize performance.

TARGETED
SPECIALISED TRAINING

The code to push beyond

THE BREAK DOWN
DURATION

10 : 3 : 30

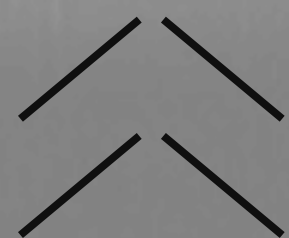
MONTHS

SESSION PER WEEK

HOURS OF RESET



SERVICES



MEMBERSHIP
CODE X - CODE TO
TRANSFORM YOUR TRAINING

ADVANCED EXPERIENCE

Train with our senior trainers with deep knowledge of sports science. Using advanced data backed principles, we optimise every movement for maximum efficiency incorporating techniques that refine your form and enhance recovery.

12 SESSIONS
3X WEEK
1 - 1.5 HR EACH

£ 1620

SIGNATURE EXPERIENCE

Built on a set protocol designed to produce consistent, transformative results. your trainer uses cutting-edge methods to offer a structured yet flexible approach to fitness

12 SESSIONS
3X WEEK
1 - 1.5 HR EACH

£ 1320



MONTHS

SESSION PER WEEK

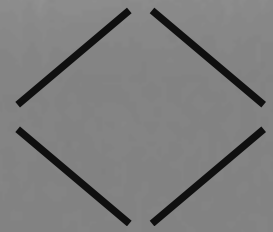
HOURS OF RESET

SERVICES

03

RESET





STRETCH
CODE III

THERAPEUTIC RECOVERY

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Quisque tincidunt cursus velit vel euismod. Sed quis blandit risus. In luctus finibus eros sit amet ornare. Praesent sit amet diam vel ligula viverra ornare tempor ac nulla.

6 SESSIONS
25 MIN EACH

£ 55

PRECISION STRETCH

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Quisque tincidunt cursus velit vel euismod. Sed quis blandit risus. In luctus finibus eros sit amet ornare. Praesent sit amet diam vel ligula viverra ornare tempor ac nulla.

6 SESSIONS
1 HR EACH

£ 150



**INTELLIGENT
DESIGN**

THANK YOU