

∞ six pack


INFINITY

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 six pack

a job fitness program
customized to the individual.

a combination of different workouts
built on one-on-one coaching
and blended learning.

visible results in just six sessions.


INFINITY

COACHING

a kickass personal trainer keeps the coachee on track and motivated to succeed.

PROFILING

initial personality profile and assessment maps assets, soft spots and target areas.

AEROBICS

Free access to personal trainer guarantees a helpline and elastic reactivity between sessions.

FAT-LOSS diet

skill building sessions to cleanse behavioral patterns and hone talent.

ANAEROBICS

dry runs and shadowing to spot coachee on hard to bench situations.

CRUNCHES

nonstop feedback sessions for competence-muscle definition.