

Nicet Level 1 Study Guide

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level was established in 2014 as a world class personal training studio we provide our
clients with top notch functional fitness training and education through five key pillars
strength and conditioning

jan 28 2025 women are built differently than men we focus on areas of women s health
that should be considered in a holistic strength training program including but not limited
to menstrual cycle

level members enjoy a variety of perks and discounts at our f b partners in the central
business district area

level offer small group 4 8 pax strength hybrid calisthenics seniors women s and run classes in our telok ayer studio

an empowering and supportive women only small group 8 week strength training program for beginners designed to help women achieve their fitness goals while addressing female specific

feb 22 2024 personal training to best suit your lifestyle no fad diets or quick transformations longevity based fitness for consistent long lasting results

aug 28 2025 strength classes for seniors held 3 times a week in the cbd for your parents to get them thinking about how to build strength muscle and stability that will help them in their later years

aug 28 2025 level has a team of discerning multi disciplinary coaches who are results oriented and client centric whether you are training for strength fat loss sports performance or longevity our

located at 137 telok ayer in tanjong pagar enjoy personalised hiit and resistance training classes in a small group setting led by our top rated coaches

jul 23 2023 our personal trainers will develop a customised rehabilitation programme for clients who have suffered shoulder knee acl mcl back or other injuries

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