

what is the process?

Naturally Intense High Intensity Training™ provides a balanced & time saving way to achieving a higher level of fitness. Combined with practical and holistic dietary guides designed to fit your goals and your lifestyle, the short but effective high intensity workouts take your body to the next level. All without hours at the gym, extreme diets or questionable supplements.

Far from being a quick fix, our system provides a life change-centered program of diet and exercise that has been successfully helping people attain their fitness goals for the past 20 years.

“Countless studies have shown that the most commonly cited reason for not exercising is a “lack of time.” This finding is ubiquitous; regardless of age, ethnicity, sex, or health status, people report that a lack of time is the primary reason for their failure to exercise on a regular basis... [High Intensity Training] is often dismissed outright as unsafe, impractical, or intolerable for many individuals. However, there is growing appreciation of the potential for intense, interval-based training to stimulate improvements in health and fitness in a range of populations, including persons with coronary artery disease. In addition, some data suggest that a low-frequency, high intensity approach to training is associated with greater long-term adherence as compared with a high-frequency, low-intensity approach.”

- Martin Gibala, PhD, chairman of the Department of Kinesiology, McMaster University, Ontario, Canada.

Kevin Richardson's




training rates

\$90.00 to \$80.00 per session*
Standard Package: 12 sessions per month

Unlike Other Training Packages Our Price Includes:

- One-on-one personal training
- Customized dietary guides
- Full dietary support
- Complimentary gym membership

Contracts require a minimum three month commitment and three sessions a week is recommended for best results. Group and partner rates are also available. Call for prices. *Price depends on trainer selected.



Call Us At 1-800-798-8420

how does it work?

Warm up for 10-15 minutes then workout with one of our trainers for 10 minutes three times a week &:

- LOSE FAT
- TONE & TRANSFORM YOUR BODY
- INCREASE YOUR STRENGTH
- BUILD QUALITY LEAN MUSCLE
- SCULPT YOUR PHYSIQUE
- INCREASE YOUR ENDURANCE
- IMPROVE SPORTS PERFORMANCE

who is it for?

Our high intensity training programs are safe and effective for everyone regardless of age, gender or fitness level.

We work with everyone from those interested in simply losing weight, toning up, looking and feeling better to highly experienced athletes, fitness models, celebrities and business executives.

where do we train?

Sessions are conducted at the upscale and centrally located

Complete Body Gym and Spa
22 West 19th Street, New York, NY 10011

All training packages include complimentary gym membership, so you can train with us whether or not you belong to another gym at no extra cost. Call us at 1-800-798-8420.

www.naturallyintense.net