

# FREE POSTURAL ASSESSMENT



There's no better way to  
kick start, or step up,  
your training!

4D Trainers are  
all experts in:

- Posture
- Nutrition
- Exercise
- Lifestyle

weight loss  
sports performance  
injury rehabilitation  
seniors/ over 65's  
core stability  
pre/post natal  
under 18's  
group training

Call for your free assessment:

**0800 328 5849**

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**4D**<sup>TM</sup> **FITNESS**  
mobile personal training