

Information for tabs:

BLOG:

Videos to be added at a later date

ABOUT:

Han Romano is Coach Han. A health and fitness coach since 2008 after completing a Bachelor of Recreation and Sports at Lincoln University. She has also obtained other qualifications of Australian Strength and Conditioning Coach Level 1
Achieved NZ Sports Coaching Level 1
National Certificate in Exercise Consultant (Level Three) – NZIHF
National Certificate in Fitness (Level Two) – NZIHF

Han has been in the fitness industry for a number of years achieving high honours as one of New Zealanders top gym instructors and group exercise instructor of the year.
She has trained many high performance athletes and the every day person. Her husband who is her best success story that has played a number of tests for the All Blacks.

As an Athlete:

Coast to Coast Competitor –6th and 10th place

Gold Rush Competitor – 2nd place

Lincoln University Premier Netball team- Championship Team

Best thing about being a Coach? I love coaching athletes to achieve their health and fitness goals which they never thought were within their reach. I love seeing clients with the two H's – Healthy and Happy!

Han continues her love to coach and share her passion with her online clients, along with raising her son Cooper.

Check out Han's journey and adventure here:

Instagram: @HanRomano

Facebook: @HanRomano

TRAINING PROGRAMS

Han's passion and motivation for fitness is infectious, attracting people worldwide who complete her online fitness programs.

The sweat & shred fitness challenge is for anyone who wants to improve their fitness and strength. On each workout there are "scaling" options, so you just go at your own pace. Plus it's going to be a fun support group and everyone's in the same boat!!

It's an online challenge, so each night I'll set the exercise for the following day and you can complete it wherever you want, but it just needs to be done before the end of that week.

There is a nutrition element each week with snack ideas and education on what and when to eat food for the most out of it.

ONLINE FITNESS PROGRAMME





4 challengers each school term (4 per year) for 10 weeks



3 workouts plus 1 run/walk per week

What it involves:



Challenge members' closed Facebook group (Q&A's, accountability, group motivation, weekly challenges, nutrition education and SWEAT SESSIONS!)



Fitness testing first and last week.



Daily fitness exercises; fat burning (HIIT) sessions, stretches and strength sessions.



Measurement guidelines, progress checks (fitness testing and photos).



Healthy food education

ACCOUNTABILITY: Fitness Tests at the beginning and end of the program to measure your performance over the 10 weeks



EDUCATION: To maximise your results, this program includes nutritional education and tips on everyday food intake



Demonstrational videos for every movement so you are confident and have correct technique for the exercises



All involved have to give up something for 10 weeks.



Be part of the community!

This community is to support, encourage and motivate each other throughout the 10 weeks!

What does it cost:

\$150!for 10 weeks.



Spaces are extremely limited as I'm having a baby so private message to reserve your spot!



Limited spaces! Get in quick!

For all 10 weeks the routine is the same:

Monday - HIIT session

Tuesday - Aerobic run (or walk, bike, swim, anything to suit your ability)

Wednesday - HIIT session

Thursday - Rest

Friday - HIIT session

Saturday - Run/walk 20-40mins (optional)

Sunday - Rest

*All HIIT sessions range from 8-20mins long.

*All sessions are posted in secret Facebook group the day before and questions are all answered regarding the workout before the day!

*HIIT stands for:

High-intensity interval training, this is a form of interval training. A cardiovascular exercise strategy



alternating short periods of intense anaerobic exercise with less intense recovery periods

Whatever your 100% looks like....GIVE IT!!

Payment details:

Set up PayPal

Set up Visa

HEALTHY FOOD

ADD ALL FOOD PHOTOS

SUBSCRIBE

Want to be the first in the know for Han Romano's announcements? Subscribe here!

Add a link to my you tube channel

TESTIMONIALS

A message from Coach Han

Testimonials always make my heart feel full with love and motivation.

Will add more when website is developed.

FACEBOOK - link to Facebook page:

<https://www.facebook.com/hanromano/?ref=bookmarks>

INSTAGRAM - link to instagram page:

<https://www.instagram.com/hanromano/>

YOU TUBE - link to you tube page

https://www.youtube.com/channel/UCj0oZ7BTJCjGWvy5QJ7bBxQ?view_as=subscriber