TRAINING PROGRAMS

Han’s passion and motivation for fitness is engaging, positive and fun!

The “Sweat & Shred” fitness challenge is for anyone who wants to improve their health, fitness and strength. This online workout program includes:

\* “scaling” options - you exercise at your own pace.

\* Belonging to an online group – provides extra encouragement and motivation.

\* Exercises which are set for the following day – you complete them when and where it suits you.

\* Helpful nutritional advice.