

HEALTH & FITNESS SPECIALISTS OF THE YEAR

X30 Training & Coaching

X30 Training & Coaching are dedicated to transforming their members' health and wellbeing. Its holistic approach is underpinned by four key pillars – mindset, training, nutrition, and recovery – and founded upon a unique, 30-minute functional training concept designed to make an impact at every stage of a fitness journey. No training is ever the same and the coaches adapt their exercises and sessions to achieve the maximum benefit for every member and their individual needs. Placing the health and wellness of every participant at the top of their goals, the coaches have worked in competitive sports for more than a decade and have poured this experience into every training system on offer.

The judges were particularly impressed by innovative training concept created by X30 Training & Coaching, who continually invest in updating their skills to ensure members receive the very best. Strength, endurance and athleticism are the key focus for most of the workouts and classes available and on top of outdoor training, targeted weight training and yoga sessions, there's something to help everyone achieve their personal goals. The coaches recognise the importance of wellbeing and positivity in the acquisition of individual goals and ensure these are focused on during every session – online, one-to-one or group.



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