



FUNCTIONAL TRAINING

Individually Tailored Programs

- ✓ REHABILITATION
- ✓ INJURY PREVENTION
- ✓ IMPROVE SPORTS PERFORMANCE
- ✓ MANAGEMENT OF ARTHRITIS
- ✓ IMPROVE BONE DENSITY
- ✓ FITNESS & WEIGHT LOSS
- ✓ GENERAL HEALTH & WELLNESS

ACHIEVE RESULTS

Functional Training is a superior style of resistance training that is individually tailored to achieve results specific to your needs and fitness level.

Your personalised program begins with a thorough assessment with one of our experienced and highly qualified Physiotherapists. All training sessions are supervised under the watchful eye of your Physiotherapist to ensure safe and effective results. Your program is dynamic and is continually adjusted as you progress towards your goals.

Functional training sessions run for 50 minutes. They are conducted in small groups of six people which provide the perfect solution so you can achieve your health and wellness goals.

Hartwell Physiotherapy Functional Training Programs offer many benefits above traditional gym-based programs. Our holistic approach is not only purposeful but sets the benchmark for specialist quality training.

TO LEARN MORE,
SCAN THE QR CODE



CONTACT OUR FRIENDLY TEAM



9889 3903



admin@hartwellphysio.com.au



Shop 1, 1150 Toorak Rd
Camberwell VIC 3124



www.hartwellphysio.com.au