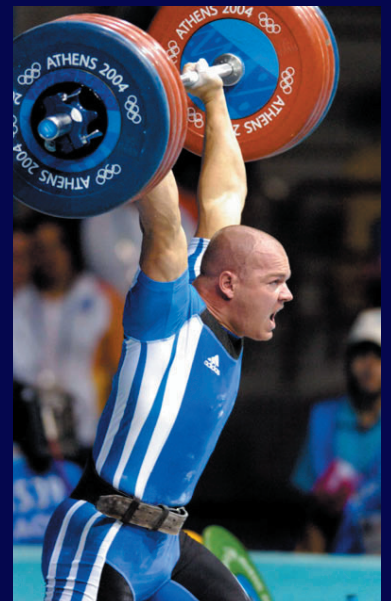




Top UK strength coach delivers cutting edge nutritional strategy seminar in Hull

- Learn what it takes to produce champions through optimum nutrition, supplementation and training methods.
- Learn why the shampoo or shaving foam you use could be having an effect on your hormones which will affect your body fat and health.
- Learn why dehydration could be the cause of your headaches, joint problems and lack of strength in the weights room.
- Learn what fats lose fat and give you an edge in performance and health.
- Learn the no nonsense approach to lose body fat and what exercises give you the biggest return for your efforts.



Thursday 31st January

Octagon Conference Hall, Walker Street, Hull, 6:30pm - 9pm

Tickets £25.00 each or £20 for bookings of 10 or more

“ Phil has completely changed my eating and strength training habits, I feel more energised, powerful and much leaner ”

Amir Khan
Champion Boxer

“ Phil changed the way I approached Strength, Nutrition and lifestyle which had a big effect on my performance and body fat ”

Gary Speed
Professional Premiership Footballer

“ Listen to Phil, he can enhance health, strength and performance that will make a huge difference to your life ”

Andy Gommersal
Professional England Rugby Player

“ Phil’s knowledge on Nutrition, Supplementation and Training is amongst best in the World ”

Neil Taylor
3 x Commonwealth weightlifter

Winners make things happen, losers let things happen

places are limited so please ring 07977439154 for your ticket now, or fill out the form overleaf and send to the address supplied

Phil Richards is a world class strength and conditioning coach with over 20 years experience, he has worked with disabled people right the way through to Olympic athletes. Phil spent a decade in professional rugby and won 5 league titles and 2 cup finals with the teams he worked with, he has also consulted and worked full time in Premiership soccer. Phil now works with very high level athletes from boxing, rugby, soccer, golf, cricket and athletics, he also still consults for members of the public who want to improve their health and strength and is also a very sought after speaker at major sporting events.

Whilst there are many people in sports who claim to be cutting edge and ahead of the field, Phil truly is. His approach is best described as improving the athlete from all possible angles, he uses innovative nutrition advice, combines this with the most up to date and cutting edge supplements specific to the individual, and then adds in a training program designed to bring up the athletes weaknesses and increase their strengths. The result? Rugby teams have been promoted up a division and stayed up their under his guidance, and then as if to add testament to his success teams lose their edge and drop down when he leaves. He is regularly consulting for executives, Olympic Athletes and strength coaches from other Sports.

Application Form

Yes, I would like to attend the Enhancing Sporting Performance Seminar
at the Octagon Conference Centre on 31st January.

Please forward/reserve me the following:

_____ tickets @ £25.00

_____ tickets @ £20.00 (minimum of 10)

Name: _____

Address: _____

Post Code: _____

Telephone: _____

Mobile: _____

Fax: _____

E-mail address: _____

Do you play a sport? Yes/no (Please delete as appropriate).

If yes please indicate which sport: _____

Once filled out please send to Richard McKeating, Octagon Fitness Centre, Walker Street,
Hull, HU3 2RA, please make cheques payable to Phil Richards.