

DRMR

FULL BODY TRANSFORMATION CLINIC IN LONDON

DENTIST OF THE YEAR 2022

**How to look and feel like a
super-hero without gruelling
away at the gym**



Have you hit stand-still at the gym, going for hours on end but no longer seeing results?

Maybe pondering the purpose of continuing to go

OR

Are you someone who has considered joining the gym, but finding the time required to achieve results impossible?

Well, meet Chris! Chris can help solve all of your problems!

Chris is an invaluable part of the DRMR Team and aims to help you naturally grow as much muscle as possible in the shortest possible time frame. Chris's workouts are fun and intense and can be as short as 10 minutes per day. Chris takes the time to understand you as an individual and your personal aim for your physique to ensure that you are not only delighted with your strong look but also the way that you feel.

So, what is the evidence for micro-workouts?

Data from a systematic review undertaken in 2020 by Dolci et al, highlighted that micro-workouts can help improve intermittent endurance performance [1]. Additionally, it has been found that micro-workouts with high intensity over a short period of time, increase oxygen uptake and elicit higher fat oxidation in skeletal muscle compared to other forms of exercise [2].

Do you want to take a step towards changing the way you look and feel?

If you feel inspired to take a step in the right direction to help you look and feel at your prime (Summer is finally here!) book an appointment with Chris Scud at DRMR today to help you achieve your goals.

Chris can also help ensure that you learn the correct micro-workouts that get results and fit into your schedule smoothly.

References:

1. Dolci, Filippo, et al. "High-Intensity Interval Training Shock Microcycle for Enhancing Sport Performance." *Journal of Strength and Conditioning Research*, vol. 34, no. 4, Apr. 2020, pp. 1188–1196
2. Jiménez-Maldonado, Alberto, et al. "The Impact of High-Intensity Interval Training on Brain Derived Neurotrophic Factor in Brain: A Mini-Review." *Frontiers in Neuroscience*, vol. 12, 14 Nov. 2018

TREATMENTS WITH CHRIS

Free Consultation in Person or on Zoom

Chris can book you in for a free consultation either on Zoom or in person at DRMR, whichever suits, for an initial chat.

3- Month Transformation Treatment Plan with Chris Scud

Chris recommends best results are achieved with a 3-month plan. If however, you would like to trial the treatment plan for 1 month, then this can also be arranged.

Review to Retain Results

In order to retain the fantastic results you obtain from your treatment plan with Chris you can enrol in the maintenance programme which occurs monthly following your initial course.

We are excited for you to start your journey with us!

To book email bookings@drmr.co.uk, call, text or WhatsApp us on 07770 117 000

We look forward to seeing and welcoming you soon



CONTACT US