

LEVEL UP.

Results Based Gym

**Specialising in 1-2-1 coaching and
small group personal training**



Info@levelupcambs.co.uk



www.Levelupgym.co.uk

LEVEL UP.

Results Based Gym

Time to Level Up!

Level Up Gym is more than a gym; it's where you get expert coaching, gain lasting strength, and movement without pain. We help real people take control of their health through smarter training, safer technique, improved nutrition and unwavering support.

Our services

- Private 1-2-1 coaching
- Classes for small group personal training
- Youth athletic programme
- Professional athlete programme
- Rehabilitation sessions
- Recovery Clinic (manual therapy, massage, cupping)
- Nutrition advice and planning



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1-2-1 Coaching

During your complimentary consultation, we'll take you through an assessments to understand your current starting point and your goals.

From there, we'll create a personalised plan to help you get where you want to be.

What to expect

- Private use of the gym
- Daily access to your coach for ongoing support
- Personalised training programme
- Personalised nutrition plan
- Comprehensive educational resources to guide your progress
- Weekly progress measurements (optional)



All pricing options will be discussed during your consultation so we can recommend the best solution tailored to your needs.

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Class Membership

Join the Level Up Community

Feel the energy. Enjoy the banter. Share the grit.

Our small-group personal training classes deliver all the motivation you need, without the overcrowded chaos of a commercial gym.

Timetable

Monday	6.30	Body Conditioning	18.30	HIIT
Tuesday	6.30	HIIT	17.30	Body Conditioning
Wednesday	6.30	Tempo	17.30	Full Body Mobilisation
Thursday	6.30	HIIT	17.30	Tempo
Friday	6.30	Body Conditioning	18.30	Yoga
Saturday	7.30	HIIT	8.15	Yoga
			9.30	Full Body Mobilisation

What's included:

- Small group classes
- Nutrition plan
- Ongoing coach support
- Regular measurements and weigh-ins (optional)

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Rehabilitation

Expert coaching for surgical and non-surgical rehabilitation.

Luke delivers tailored programs to help you regain full function, strength, mobility, and confidence after surgery or injury.



Luke Lindsay
Founder and Coach

Specialist Coaching

Pre-surgery: Prehabilitation (*Prehab*)

Prehab prepares clients for surgery by improving strength, flexibility, and mobility, reducing recovery time and enhancing post-operative outcomes.

Post-surgery: Rehabilitation (*Post-op Rehab*)

Working closely with surgeons and physiotherapists to gradually rebuild strength and mobility, advancing the recovery process to restore full function.

Injury Rehabilitation: Regain Strength and Function

Designed for clients who do not require surgery but need targeted rehab for injuries, including sports-related injuries, to restore movement, performance and prevent recurrence.

For further information please contact info@levelupcambs.co.uk

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Youth Athletic Programme

Young athletes of **every sport**, we're here to raise the next generation of performers.

Our programs are designed to teach your child how to train smart and train hard, no matter their game. From sharpening agility and coordination to building strength and explosive power, we help junior athletes move better, perform stronger, and **stay resilient in their chosen sport**.



Camp timetable

Monday

Landing, jumping and plyometrics

Tuesday

Full body function and strength

Wednesday

Movement patterns, acceleration and speed

Thursday

Full body function and unilateral training

Friday

Acceleration, deceleration, and change of direction

Please note that session locations may vary and can take place on astro turf or in the gym.

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Why Choose Level Up Athletes?

Your child won't just train harder, they'll train smarter.

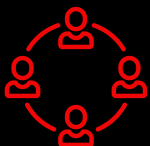
Using proven techniques perfected with professional NFL players, we help aspiring athletes from any sport gain a competitive edge by improving:

- Speed, agility, and strength
- Injury prevention
- Functional movement and sport-specific performance
- Confidence and mental focus

If your **child is 10–18 years old** and plays competitively but struggles with:

- Gains frequent injuries
- Lacks confidence to play boldly
- Struggles with the physical demands of their sport

...our program is designed to help them level up and excel.



Child-Centered Coaching

We have **zero tolerance for ability bias**. Whether your child is a beginner or advanced, shy or confident, our goal is the same: to help every child improve and perform at their best.

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Professional Athlete Programme



Stotfold FC Strength and Conditioning

As the **official strength and conditioning coaches** for **Stotfold FC**, we take players beyond basic fitness.

Our tailored sessions target speed, power, endurance, and resilience, everything a footballer needs to dominate the pitch.

From pre-season to playoffs, we keep the squad firing at their peak all year round.

Professional NFL Combine Athletes

We've **trained NFL combine prospects** to run faster, jump higher, sprint faster and hit harder, with precision programming that maximises explosive performance.

It's high-performance coaching at the elite level, where every fraction of a second counts.

When athletes are chasing the biggest stage in American football, there's no room for guesswork.



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Recovery Clinic



Manual therapy

A personalised, hands-on approach to restore mobility, relieve pain, and accelerate recovery. Our manual therapy sessions help your body move and function at its best.

Sports Massage

Targeted deep-tissue massage to release tension, restore mobility, and accelerate recovery.

Relaxation Massage

Unwind, release tension, and reset your mind. This full-body treatment melts stress away, leaving you lighter, calmer.



Cupping

An ancient healing technique reimaged for modern wellness. By using gentle suction to boost blood flow, it relieves muscle tension, improves circulation, and speeds up recovery. Ideal for easing tightness, supporting injury rehab, and enhancing overall mobility.



LEVEL UP.

Real Results Real Transformations

Our clients don't just talk the talk, they transform. From fat loss and strength gains to improved fitness and confidence, every success story shows what's possible with the right coaching and commitment.

16 Week Transformation



8 Week Transformation



Discover more inspiring transformations on our website and social media.

 www.levelupgym.co.uk

 [@LevelUpGym_](https://www.instagram.com/LevelUpGym_)

LEVEL UP.

Our Coaches

With customised training and nutrition plans, our coaches specialise in **mobility, stability, and strength**, while continually learning to deliver the latest techniques and methods.

Whether your goal is fat loss, rehabilitation after injury or surgery, or to building strength, our one-to-one coaching provides a private, tailored approach to ensure you progress the right way.



Darryl
Head Coach

Will
Coach

Luke
Coach and Founder

Our ever-growing coaching team combines passion, expertise, and energy to help you move better, feel stronger, and achieve lasting results.

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