



FIT

FOR PURPOSE

Want to experience a fitness programme that combines the attention of personal training with the dynamism of a group class. Look no further than Loughton's Peak Physique Studios

Peak Physique Studios in Loughton is the brainchild of Miguel Cruchinho and Dr. Catherine Papadopoulou, and you'd be hard pushed to find a more qualified couple in the world of health and fitness than these two.

After gaining a degree in Exercise and Sport Science from Sydney University (BaEXSS), Miguel has notched up an impressive 11 years' experience in the industry, running multiple, successful fitness studios across London prior to opening Peak Physique Studios in the heart of West Essex. With specialised knowledge in such areas as performance analysis, strength and conditioning and rehabilitation, Miguel has personally created the workouts at the studio, with high energy, variety and personality being their unique selling point.

Catherine, meanwhile, is a sessional GP working in North East London, specialising in women's health. She advocates a healthy work-life balance and the importance of exercise in all aspects of wellbeing. When not seeing patients, Catherine can be found assisting Miguel in the studio.

With their combined knowledge, experience and qualifications, Miguel and Catherine ensure the highest quality and standard of care in their fitness studio.



LEFT: All the workouts have been especially created by Miguel drawing on his huge amount of experience and knowledge

RIGHT: Dynamic duo Miguel and Catherine are shaking up the fitness scene in West Essex

BELOW: At Peak Physique you'll find a welcoming and friendly community with regular social events held at the studios

Peak Physique is designed to bridge the gap between one to one personal training and large group classes. "Traditional personal training can get expensive costing clients more than £300-400 per month," explains Miguel. "But at the other extreme are cheap monthly gym memberships and large group classes where trainers don't correct form or technique leading to a higher risk of injury."

The small group classes run at Peak Physique make personal training more affordable. What's more, clients are monitored by an industry-leading personal trainer who will adjust sessions to accommodate for fitness levels or injuries to ensure that everyone is able to complete the workout. "It ensures clients receive attention to

detail, motivation and technique, all while enjoying the atmosphere and energy of a group class," says Miguel. In addition, each participant wears a heart rate monitor so they can see their heart rate/calories live in the session.

Miguel's workouts are high intensity interval training sessions combining cardiovascular training with resistance training. "This combination has been proven to not only be the fastest way to increase fitness levels," says Miguel, "it's also great for weight loss, toning, increasing bone density and assisting in hormone regulation which in turn promotes better quality sleep, reduces stress levels and improves concentration."

There's a wide range of



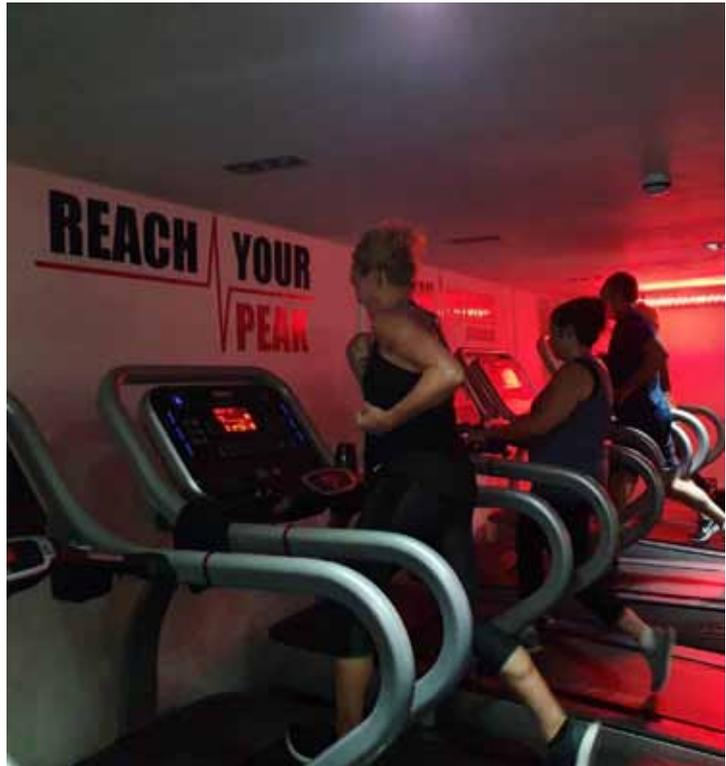
equipment in the studio that further ensures the sessions are super effective and achieve results.

So how does Peak Physique differ from other fitness studios in the area? “We genuinely care about our members and want to ensure they get the results they want,” says Miguel. “We pride ourselves in offering a service which is fun, motivational and challenging.” And with Catherine on board as assistant manager, Miguel is especially proud of the extra support Peak Physique can offer such as nutritional assistance, healthy recipes and health tips.

“We recognise that everyone needs motivation, which is why we create monthly challenges where members can win big prizes to encourage training,” Miguel adds. “Not only this, but we have created a community of friends who train together and also enjoy regular studio social events. We also work with local businesses in Loughton to get our members discounts!”

All of Peak Physique’s staff are highly-qualified personal trainers and not just group exercise instructors, which means clients get the best delivery of sessions and correction of form and technique. Pre- and post-natal members are catered for too.

Peak Physique Sessions, as



RIGHT: There’s a wide range of equipment in the studio that further ensures the sessions are super effective and achieve results

BELOW: Each participant wears a heart rate monitor so they can see their heart rate and calories live in the session

the classes are known, can focus on power, strength or endurance and sometimes a combination of all three. “Members will not know which days are what sessions to ensure they are constantly training their body in different ways,” explains Miguel. “The variation means you are training your muscles in different

ways with different tempos and resistances, which greatly improves muscle adaptation.”

Sessions are also designed to be holistic so you work all muscles extensively. “While some days might target one group of muscles more than others, you will use different muscles within the session regardless as it allows a greater calorie burn. The more muscles you use and engage the more energy you use,” enthuses Miguel

Classes at Peak Physique are for ages 16 and over, and are open to all fitness levels whether male or female. “Our youngest member is currently 17 and our oldest is 70,” Miguel reveals with a smile

And for those worried that they won’t be able to fit the sessions into their busy schedule? “We have over 36 classes a week with the first starting at 6.15am and the last at 7.45pm. You can find our full time table on our website, so there’s really no excuse,” concludes Miguel. ■



Get in touch
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