



TOBY BRAZIER
COACHING

BadFit

Toby Brazier Coaching presents BadFit

BadFit is a badminton based, on court shadow & stamina building routines session. Focuses on improving game related fitness, in a fun way!

Tasks include lunging, running, side stepping, changing direction, lateral movement & playing pretend shots.

To improve muscular endurance, agility, court awareness, coordination, footwork & cardiovascular endurance.

To book a BadFit session, please get in contact.



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Toby Brazier
UKCC Level 1 & 2

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