



PT Marbella

Catalogue

About Me

[Emily Bitton - Personal Trainer and Nutritional Advisor](#)

With 5 years of professional and high-level personal training experience, I bring a wealth of expertise to help you achieve your fitness goals. Based in the vibrant city of Marbella, I have had the privilege of working with a diverse clientele, tailoring my approach to meet each individual's unique needs and aspirations.

I pride myself on confidentiality, professionalism, and punctuality, ensuring that each client receives the highest standard of service. My journey in competitive sports spans over two decades, culminating in my recent victory as the 2024 Spanish FAKM Muay Thai Champion in the 67KG category.



PT Marbella

Catalogue

My expertise includes body composition changes, strength and conditioning, and injury rehabilitation. I am a fully qualified personal trainer and nutritional advisor, committed to delivering results and fostering a positive, supportive training environment. My proven track record and glowing reviews attest to the success of my clients and the quality of my services.

Services Offered:

- Personalised Fitness Training
- Nutritional Guidance and Meal Planning
 - Strength and Conditioning
- Injury Rehabilitation and Prevention
 - Sports-Specific Training
- Weight Management and Fat Loss Strategies
 - Group Fitness Classes



PT Marbella

Catalogue

- Boxing, Kickboxing, Muay Thai and boxfitness
- Online Coaching and Support

Training Type	Typical Session	Intensity	Suitable for
Boxing (technical)	A session dedicated to improving technique and performance in boxing. We'll focus on refining boxing punching form, footwork, stance, and defensive techniques	High	1 - 14 people



PT Marbella

Catalogue

	<p>through a mix of drills and pad work. Usually, we wrap up with high-intensity pad work and exercises.</p>		
BoxFit	<p>An energetic box fitness session aimed at burning calories and elevating heart rate. Participants will engage in boxing pad work, exercises using equipment or body weight, and optionally, participate in some games. This session is</p>	High	1 - 14 people



PT Marbella

Catalogue

	ideal for larger groups seeking an invigorating workout.		
Muscle Building	Based on your circumstances and the duration of our training sessions, I will introduce you to the foundational principles of strength training to facilitate muscle growth.	Medium	1 - 2 people
Fat Loss	This session will be customized according to your preferred training style and other factors such as experience,	Medium-High	1 - 2 people



PT Marbella

Catalogue

	<p>gender, and age. It is recommended to schedule a nutrition consultation either at the beginning or end of the session if you wish to gain insights on how to sustain your progress beyond our training sessions.</p>		
General Health	<p>A great option for those looking to continue training whilst on holiday, or for those looking to kickstart fitness for general health</p>	Medium-High	1 - 2 people



PT Marbella

Catalogue

	whilst they are on holiday. A typical session will consist of strength or circuit-based exercises.		
High-Intensity Training	An excellent choice for individuals seeking to maintain their fitness routine while on vacation or for those aiming to initiate a fitness regimen for overall health during their holiday. A typical session will involve strength or circuit-based exercises.	High	1-14 people



PT Marbella

Catalogue

<p>Mobility, Rehabilitation and functional training</p>	<p>This session is specifically tailored to enhance muscle, joint, and connective tissue strength following an injury. Alternatively, if you experience discomfort in various areas such as the spine, hips, shoulders, knees, or ankles and seek to understand the underlying causes and solutions, this session is ideal. It is recommended to schedule a 1.5-hour session for this category</p>	<p>Low-Medium</p>	<p>1 person</p>
---	--	-------------------	-----------------



PT Marbella

Catalogue

	to allow for a comprehensive assessment of your case and to identify the origins of your pain points.		
Nutrition Consultation	As a qualified nutrition advisor, I offer nutrition consultations to help you achieve your health and fitness goals.	N/A	1 person