

MetaMadness Fitness Classes Go Down A Storm As Company Plans Further Expansion – press release

Contributed article

In the eight months since it started, more and more people across Scotland have been attracted to personal fitness training company MetaMadness®. Via its team of fully qualified instructors, MetaMadness offers small group training sessions at locations throughout Scotland, designed to get people 'leaner, fitter and happier'.

Firefighter Graeme Clark, who had previously enjoyed boxing, football and marathon running, started attending his local gym in Larkhall, a town to the south-east of Glasgow, and became drawn to bodybuilding. He now describes himself as obsessive when it comes to training. "When I started lifting weights, just as I had done with boxing, football and running, I needed to know everything about it," said Graeme.

Sensing Graeme's enthusiasm, the gym manager offered him a part-time job, and to fund his level 1 and level 2 gym instructor qualifications. But his experiences in seeing the way others trained at the gym set Graeme thinking about a new approach to personal fitness. Graeme commented: "What if I could take all my years of training knowledge over boxing, football, running and bodybuilding and make some new slants on training that would actually get RESULTS?" Before long, word got around about this great new gym instructor's ideas, and the gym was packed out every time it was his shift!

Tim Meadows learnt of Graeme's success, and was inspired to lead hugely popular sessions in Stirling using Graeme's methods.

From this, MetaMadness was born. Graeme describes his methods as having had a '100 per cent success rate' in the Larkhall gym, so he knew there was potential for a successful business. The company was founded in January 2013 with Graeme as Managing Director and Tim as Fitness Director. From small beginnings in Larkhall, MetaMadness now offers classes in most major towns and cities in Scotland. You can book a MetaMadness class today in Larkhall, Hamilton, East Kilbride, Ferniegair, Tollcross, Falkirk, Lesmahagow, Stirling, Coatbridge, Carlisle or Edinburgh, so most of the Scottish population are now within easy reach of a class.

The MetaMadness class is a 12-week all over body work out based on the sport of boxing, a sport which Graeme enjoyed greatly in his youth. Old traditional training methods are replaced by MetaMadness's six unique training systems, five of which were designed by Graeme and one by Tim: Fit Body™, Fit Body Pro™, Super 6™, FatBurn™, FatBurnPro™ and Body Sculpt™. These systems enable clients to achieve outstanding results in areas such as fat loss, lean definition, cardiovascular fitness gains and improving body composition.

An exciting moment in the company's history came on August 29 2013, when it held its first class in the Scottish capital, Edinburgh. MetaMadness now intends to expand throughout the United Kingdom, and has exciting longer-term plans to conquer the USA.

Media recognition for the company has come in the shape of two features in Fitpro magazine, an article written by Graeme for Fitpro business and Tim's regular column for a local Stirling magazine.

Modestly describing his considerable achievements in such a short period, Graeme commented: "Not too bad for eight months

work!" before adding, "I knew my fitness methods would bring people results, but even I have been taken aback with the fantastic results we have seen from our classes."

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Company website:

<http://metamadness.co.uk>

Also on Facebook and Twitter:

<https://www.facebook.com/MetaMadness>

<https://twitter.com/metamadness>

Submitted by [Martin Saxon](#)