

EMMA ROSS:

For a long time in sport, we've trained males and females in the same way. But now, we know better. Now we know that's not optimised for women. In our experience, women want to know more about their bodies, they want to know how to train in tune with their physiology and not against it. And at last there is a course, that puts the female filter on health, training and performance, whether you're a female athlete or a coach who supports her. We bring together cutting-edge research and help you put it into practice.