TRAIN WITH NAD

FUNCTIONAL TRAINING WITH NAD

MOVEMENT. STRENGTH. RESTORATION.

INTRODUCTION

HELLO, I AM NADER MARWANI

Also known as Nad, my work sits at the intersection of training, rehabilitation and human movement.

With a background across strength conditioning, mobility and injury recovery, and martial arts, I focus on training the body as a connected system. This means improving how you move, how you generate force and how your body performs under load.

Every session is tailored to your structure, your goals and your current condition. The objective is simple:

BUILD A BODY THAT IS STRONG, EFFICIENT AND PAIN-FREE.

MY TRAINING PHILOSOPHY

THE BODY WORKS AS A SYSTEM

My approach to training is built on one principle: the body does not work in isolation; it works as a system.

With a background in rehabilitation, bodywork and performance training, I integrate multiple disciplines to improve how the body moves, stabilises and generates force. This includes strength training, mobility, neuromuscular coordination and structural alignment.

Rather than focusing on isolated muscles or repetitive exercises, I train movement patterns, how you stand, walk, rotate and perform under load. This allows the body to function more efficiently, reducing unnecessary strain on joints and preventing recurring pain.

My work is also informed by hands-on experience in rehabilitation and recovery. This gives me a deeper understanding of compensation patterns, imbalances and limitations, allowing training to be effective and corrective at the same time. Every session is adapted in real time, based on what your body needs. **The goal is not just to get stronger, but to build a body that is connected, resilient and capable of performing without pain.**

COMBAT

MARTIAL ARTS & COMBAT TRAINING

Martial arts is a core part of my training system. It develops not only physical ability, but also coordination, focus, sharpness, calmness and self-confidence under pressure. With a background as a **Muay Thai Kru, Blue Belt in Brazilian Jiu-Jitsu and boxing coach**, I integrate striking, grappling and movement into practical, adaptable training. This training is about learning how to move, react, stay composed and be ready in real situations.

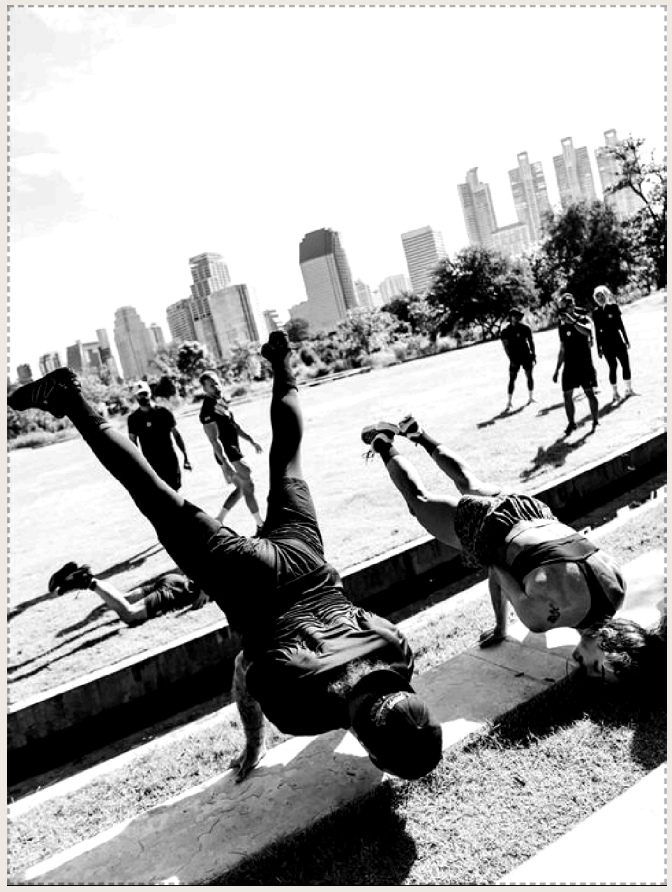
TRAINING INCLUDES

01	**MUAY THAI** (striking, conditioning, technique)
02	**BRAZILIAN JIU-JITSU** (grappling, control, positional awareness)
03	**BOXING** (precision, timing, coordination)
04	Movement and reaction training under pressure
05	Self-defence fundamentals and situational awareness

I work with beginners, intermediate and advanced levels. Whether your goal is to learn a new skill, improve performance or build real-world confidence, sessions are adapted to your level and pace.

WHO IT'S FOR

MOVE BETTER. FEEL STRONGER. PERFORM WITHOUT PAIN.



This training is for anyone who wants to move better, feel stronger and perform without pain. Whether you are dealing with discomfort, rebuilding your body or simply looking to train with more intention, sessions are tailored to your current condition and goals. Clients typically come to me for:

- ✓ Reducing joint pain, stiffness and recurring discomfort
- ✓ Improving mobility, posture and overall movement quality
- ✓ Building strength without aggravating existing injuries
- ✓ Recovering from injury and returning to full performance
- ✓ Enhancing athletic performance and body control
- ✓ Developing a stronger, more efficient and resilient body

This training is for people who want to understand their body, train with purpose and see real, lasting results.

SESSIONS

SESSION TYPES & RATES

1:1 PERSONAL TRAINING

2,000 / 3,000 THB

60 / 90 MIN

Focused on strength, mobility, movement correction and performance.

COUPLE TRAINING

3,000 THB

60 MIN

Train together with a personalised approach adapted to both individuals.

KIDS TRAINING

2,000 THB

60 MIN

Focused on coordination, movement fundamentals, balance and physical development in a safe and engaging way.

MARTIAL ARTS TRAINING

2,500 THB

60 MIN

Technique, conditioning, and movement efficiency inspired by combat sports and real-body mechanics.

ONLINE TRAINING

ON REQUEST

Custom programmes with guided video support and follow-up. Rates shared upon request.

BOOKING

TERMS & CONDITIONS

OPERATING HOURS

Appointments are available daily, including weekends, with flexible scheduling based on availability. Advance booking is required.

CANCELLATION POLICY

Cancellations made less than 12 hours before the scheduled session will incur a fee of 50% of the session price.
Rescheduling is possible with at least 12 hours' notice, subject to availability.

SESSION START TIME

Sessions begin on time. Late arrivals may result in a shorter session to respect the following bookings.

HEALTH AND SAFETY

If you are unwell or unable to train, please inform in advance to reschedule. Your safety and wellbeing are prioritised.

ADVANCE PAYMENT

No deposit is required to book a session. However, time slots are allocated on a first-come, first-served basis, with priority given to clients who prepay for their sessions or packages.

HOUSE VISITS

Available within central Bangkok and the Sukhumvit area, subject to schedule and availability.

PACKAGES

Packages are available for clients booking 10 sessions or more. Package sessions must be used within an agreed timeframe.

TRAIN YOUR BODY TO MOVE WELL. EVERYTHING ELSE FOLLOWS.

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