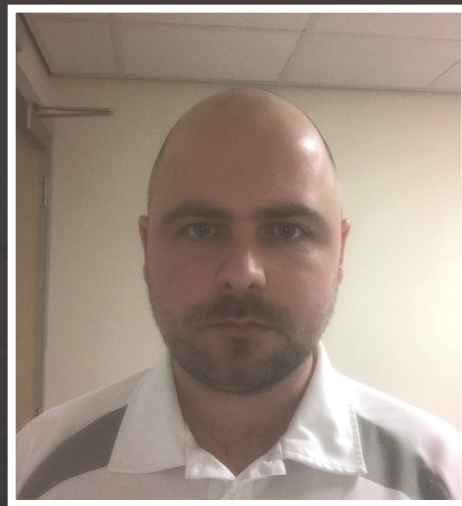


PERSONAL TRAINER PROFILE

About Me

Since a young age I've always had a passion for sport, health and fitness. This passion led me pursuing a career in the fitness industry, since then I've been an active part of this industry since 2002. I have acquired a vast amount of knowledge, expertise and qualifications throughout this time.



CHRIS

Qualifications

- HNC Health, fitness and exercise
- Activ8 Kids instructor
- Level 2 Gym instructor
- Level 3 Personal trainer
- Level 3 GP referral
- Level 3 Pre/post natal
- Cardiovascular/Cable instructor
- Kettle bell Instructor
- Vibro Plate instructor Level 1 and 2

What I can do for you

Hard work, dedication, knowledge and fun are the key elements to success and I will bring this to you through:

- Inductions
- One to one/couple/Group training
- Fitness testing and body composition analysis/assessment
- Specifically tailored programmes/sessions
- Progressive/adaptive programmes/sessions
- Help you set goals and achieve them
- Nutritional advice

Specialities

- Weight loss/ Body Fat reduction
- Strength and conditioning
- Muscle tone and development
- Sports specific
- Special populations

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