

# PERSONAL TRAINER PROFILE

## About Me

From a young age sport and fitness have played a big part in my life. I played a variety of sports before eventually following my passion for football. After playing in the professional youth system I went on to represent the University of Stirling and more recently Tynecastle F.C. in the East of Scotland Senior league. My Sporting Background and my interest in human biology led me to study for an honours degree in Sport and Exercise Science at Stirling University. Since graduating along with football coaching work I have worked with a variety of clients in a gym setting, developing programs and supporting them along their fitness journey.



## ANDREW

## Qualifications

- BSc (honours) Sport and Exercise Science
- Level 3 personal Trainer
- Level 2 Gym instructor
- Kettlebells
- Level 1.1 and 1.2 Football coaching

## What I can do for you

As your Personal Trainer I will tailor fitness programs to your specific needs. I will monitor and evaluate your progress with appropriate fitness tests. Nutritional advice will also be implemented to help sustain a healthy lifestyle. I also pride myself on being hardworking, passionate and supportive which I aim to translate through my personal training sessions.

## Specialities

- Functional training
- Weight loss
- Muscle building
- Circuit training

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