

PERSONAL TRAINER PROFILE

About Me

Throughout my life I have always been active, either in sport or fitness, my passion has helped me improve both my mental and physical health and I now use this knowledge to help others. I have studied fitness for over four years and have worked with NL Leisure for two of these. I have completed multiple types of training including: bodybuilding, powerlifting, sport specific training and CrossFit.



MARNIE

Qualifications

- BSC Sport and Exercise Science Degree
- HND Fitness, Health and Exercise
- Level 3 Personal Trainer
- Level 2 Group Exercise Instructor
- Exercise to Music Instructor
- First Aid

What I can do for you

I myself understand how daunting it can be joining the gym, when I first started I had no self-confidence and was too anxious to go to the gym alone. My role as a personal trainer is to teach, motivate and support clients through their fitness journey. I create programmes specifically for each client in order to help them achieve their goals. Having a trainer ensures you are doing exercises that are effective in helping you reach your goals and making the most of your gym session. I offer my complete attention during sessions to ensure you are completing exercises correctly, understanding the movements and most importantly enjoying the session.

Specialities

- Improve Muscle Mass
- Strength and Conditioning
- Weight Loss / Fat Loss
- Sport Specific Training
- Functional Training
- Circuit Training
- Core Strength
- Nutrition

Instagram: [marniecullenfitness](https://www.instagram.com/marniecullenfitness)

www.nlleisure.co.uk



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