

PERSONAL TRAINER PROFILE

About Me

I have been involved in exercise my whole life, from the ages of 6-13 I played football for a local team until I found a passion for the gym. From the young age of 13 I knew I had a passion for fitness as this is when I began weightlifting and bodybuilding and since then becoming a certified personal trainer was my main goal. I spent 3 years gaining an HND in Fitness Health and Exercise to meet this goal and will look to further expand on my knowledge through gaining more qualifications as my career progresses.



ROBERT

Qualifications

- HND Fitness Health & Exercise
- Level 3 Personal Training
- Level 2 Gym instructor
- Circuit Training
- Boxercise
- First Aid

What I can do for you

Through the knowledge I gained during the three years at college while attaining my HND, I have become extremely versatile in my knowledge base and can provide expert instruction on whatever your goal may be whether it is weight loss, muscle gain, strength gain or training for performance to name a few. I will help you attain your goals by providing a training programme tailored specifically to your goals as well as providing nutritional analysis and recommendations. I understand sometimes motivation levels may drop so someone like myself who will motivate you and keep you accountable through the hard times may be exactly what you need to kick you into shape.

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