



CHRIS
PERSONAL TRAINER

About Me

Growing up I had no interest in fitness, I spent the majority of my time on the couch, Like many people I joined the gym and had no real results and left and re-joined multiple times. Then in my mid 20s I started Taekwondo and began to Work on my fitness to improve my TKD I sought advice from the PTs here at NL, and over time discovered I had a passion for training not just myself but helping my friends train and reach their goals, I went to college to study my level 2 gym instructor course to improve my own training knowledge and began working here at NL and during my time here I have always looked for new ways to help people reach their goals by becoming a PT and a boxing for fitness coach. And will continue to expand my knowledge as time goes on.

Contact

Instagram: @_lvl_up_fitness

E-mail: chrish013@outlook.com

Facebook: LVL UP Fitness

Book online at:

nlleisure.co.uk/personal-training

Or speak to someone at the venue reception

Specialities

- Weight training and muscle building
- Weight loss/ Increase body confidence
- Martial arts/ pad work
- Circuit training
- Functional/ sport specific training

Qualifications

- Lvl 2 gym instructor
- Lvl 3 diploma in personal training
- Hatton Academy advanced boxing coach
- Kettlebells
- Suspension trainer
- Studio cycling

What I Can Do For You

My role as your Personal Trainer is to help you meet your goals by giving you guidance on how to make a healthy lifestyle part of your normal routine by teaching you the best workouts for you based on your fitness level and skill level in the gym.

Our aim is to build you up in both the gym and in life by making fitness fun and engaging through a variety of training methods, improving your knowledge, and dispelling all the myths surrounding fitness.

Throughout our sessions, I will ensure that you get the most out of yourself and your sessions while helping you achieve realistic goals.

