

PERSONAL TRAINER PROFILE

About Me

I am a fully qualified Personal Trainer with a love of sport and fitness. My main sporting interests are football and snowboarding. With nearly ten years experience in the fitness industry I am still looking to broaden and deepen my knowledge and pass that onto the people I work with.



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Qualifications

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 3 Nutrition and Weight Management
- Circuit Training Instructor
- Spin Instructor
- GP Referral

What I can do for you

Create training programmes tailored to suit your goals whether it be improving your fitness, reduce body fat, weight loss, increase muscle mass and arguably most importantly straightforward but effective nutritional advice. I aim to empower you with the skills and knowledge to take ownership of your training and fitness goals beyond our time working together but will strive to show you what you are capable of and help you achieve more than you previously imagined.

Specialities

- Strength training
- Conditioning training
- Sports specific training
- Weight loss/fat burning training

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