

# PERSONAL TRAINER PROFILE

## About Me

I'm a fully qualified personal trainer with 8+ years' experience working in this field; throughout this time I have helped a wide range of people achieve their desired goals, from fat loss, to muscle gain and/or increases in sports specific strength and conditioning. My own training experience lies in mixed martial arts, Brazilian jiu jitsu, sambo and strength and conditioning specifically for combat sports.



**THOMAS**

## Qualifications

- HND Fitness, Health and Exercise
- Level 3 Personal Trainer
- Level 3 Sports Massage
- Bio Force Conditioning Coach
- Level 3 Nutrition for Physical Activity
- Advanced Hatton Boxing Instructor
- KBT Strength and Conditioning for MMA
- Level 2 Kettlebell Instructor
- Level 2 Gym Instructor

## What I can do for you

Apply necessary fitness tests to track and assess results, design a programme specific to individual goals and abilities, prescribe necessary nutritional requirements to meet training goals, assist with injury prevention and recovery through sports massage.

## Specialities

- Sports specific strength and conditioning
- MMA/boxing padwork
- Sports massage

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