



**MARK**  
PERSONAL TRAINER

## About Me

My name is Mark Russell and I have worked in the health & fitness industry for over 5 years, 2 of those honing my skills as a fully qualified sports therapist and personal trainer. From a young age, I have always been incredibly active and heavily engaged in sports at professional to recreational level across sports such as athletics, golf & football.

I spent a brief spell in professional football however my time was cut short due to injury and mental health struggles.

It was in the following years starting from scratch, that I found my passion in physical therapy.

I have spent a great amount of time working closely with all types of populations. This spans from recreational to elite-level athletes in football and rugby. Children and adolescents to over 65s. General population to additional support needs.

Whether it is personal training to achieve health & fitness goals, sports or general injury rehabilitation, or general improvement of building confidence and having a more positive relationship with exercise.

I have a wealth of current and continuously growing knowledge, understanding & empathy to a wide range of clientele.

## Contact

Instagram: Pinnacleperformancetherapy\_ppt  
Mobile: 07913416093

## Specialities

- Confidence building in the gym
- Sports & injury rehabilitation
- Fat loss
- Athletic conditioning
- Muscle gain

## Qualifications

- Bsc (Hons) Sports Therapy
- Level 3 Personal Trainer
- Level 2 Gym Instructor