

# PERSONAL TRAINER PROFILE

## About Me

I have always had a keen interest in sport and fitness and played Rugby from an early age. I furthered my interest by studying HNC Sports Coaching with Development of Sport at College and have worked in the Fitness Industry ever since. I have worked with North Lanarkshire Leisure for over 9 years and have been a fully qualified Personal Trainer for over 6 years. Throughout my career, I have helped and supported many gym members and PT clients to achieve their personal fitness goals and assisted them in maintaining a more healthy and active lifestyle. I continually seek to improve my knowledge and skills within the industry by keeping up to date with current trends in training techniques.



**CRAIG**

## Qualifications

- HNC Sports Coaching with Development of Sport
- Level 3 Personal Trainer
- Pre and Post Natal Exercise Prescription
- Level 3 Nutrition for Physical Activity
- Level 1 Olympic Weightlifting
- Cycle Fit Instructor
- Kettlebell Instructor
- Jordan Advanced Nutrition

## What I can do for you

Improve your confidence within and out with the Gym. Help you to achieve your goals (improving fitness, dropping body fat %, increasing muscle mass, changing body shape) through effective use of appropriate programmes, nutritional guidance and motivation.

## Specialities

- Strength and Conditioning Training
- Pre and Post Natal Exercise
- Sports Specific Training
- Fat Loss
- Training for Events (Tough Mudder, 10k, Weddings, Holidays etc)

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