

PERSONAL TRAINER PROFILE

About Me

I am a fully qualified Personal Trainer who has always had a passion for sport and fitness from a very young age. My main sport was football which I played at professional youth level until the age of 17. I then moved onto HND Sports Coaching with Development of Sport at college. I then moved into the fitness industry which I have been doing since 2012.



STEVEN

Qualifications

- HND Sports Coaching with Development of Sport
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 1 Olympic Weightlifting
- Level 3 Nutrition for Physical Activity
- GP Referral Qualified Instructor
- Circuit Training Instructor
- Spin Instructor
- Kettlebell Instructor
- Thump Boxing Instructor
- Bootcamp Instructor
- Pre/Post Natal Qualified Instructor

What I can do for you

If you are looking to drop your body fat %, improve cardiovascular fitness, increase strength, improve conditioning, increase muscle mass or do any sport specific training I can create training programmes tailored to suit your goals.

Specialities

- Strength training
- Conditioning training
- Sports specific training
- Weight loss/fat burning training
- Pre/Post Natal Qualified Instructor

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