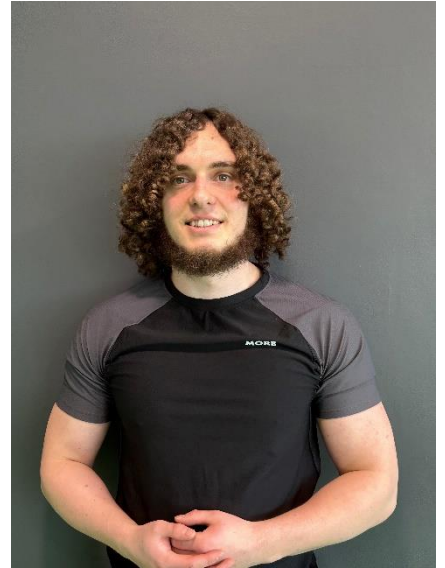


PERSONAL TRAINER PROFILE

Ethan

How do you book me?

Call: 0330 109 8797
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3(Practitioner)

Hi, I'm Ethan and I'm here to guide you on a transformative fitness journey! With a diverse background in sport, fitness, and personal training, I am an ideal trainer to assist you in achieving your goals.

I can assist you with:

- **Body Fat Loss**
- **Body Sculpting**
- **General Nutrition Advice**
- **Increasing Lean Muscle Mass**

Gym Instructor
Level 2

My experience will help you to improve technique/form for each exercise to get the best results while optimizing performance and reducing risk of injury.

Academic:

- BSc Fitness and Personal Training

My specialties

- Sport Specific Strength and Conditioning
- Weights Training Specialist
- Physique/ Body Composition Specialist
- Mobilisation/Activation Specialist

Whatever your needs are, I will be able to optimise your training and help you achieve your goals!

MORE PT

I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number

let's do
MORE