

## PERSONAL TRAINER PROFILE

# Tony Bunce

### How do you book me?

Call: **07872 969713**  
or ask at reception for my details.



## My Qualifications About me

**Personal Trainer**  
Level 3(Practitioner)  
Level 3 (NASM)

**Hello, I'm Tony and I'm a certified Personal Trainer with a passion to help my clients improve their lives through fitness and lifestyle changes.**

**Exercise Referral**  
Level 3

**I can support achieving the following goals:**

**Gym Instructor**  
Level 2

- Weight loss/tone up or get fitter for a special event.
- Improve your stability, strength, speed, power, endurance, fitness, and confidence.

**Group Fitness Instructor**  
Level 2

I will create you a personalized, unique, and customizable 3-month training plan which we will seal with agreed targets and SMART goals.

**Nutritional Advisor**

I'll also provide you with dietary advice and simple, but effective, lifestyle changes to ensure you can become the best image of your true self.

### Academic:

- MBA
- BSc (Hons)
- PG Dip

### My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- HIIT & Endurance
- Weight Management & Weight Loss
- Lean Muscle Building
- Functional Training & Injury prevention
- Exercise after COVID 19 & Exercise Referrals

**MORE PT**

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number 35366

let's do  
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