

PERSONAL TRAINER PROFILE

Carl Harris

How do you book me?

Call: **07590 726949** Email: **carlharrispt@gmail.com**

Web: **www.evolutionpt.co.uk**
or ask at reception for my details.



My Qualifications

**Diploma in
Personal Training**

**Exercise Referral
Instructor
(GP & Physio)**

**Accredited Rehab
Trainer**

Nutrition Coach

Gym Instructor



My specialties

- Reducing Body Fat
- Increasing Lean Muscle Mass
- Injury Rehabilitation
- Joint Replacement Rehabilitation
- Safe and Effective Resistance Training
- Boxing & High Intensive Interval Training (HIIT)
- Injury Prevention
- Core Stability

About me

Hi, I'm Carl and I am dedicated to providing the highest quality service to my clients, keeping you accountable to your goals and ensuring you enjoy the process! With 16 years of experience, 12 years running my own PT business and over 12,000 sessions delivered, I've built a reputation for excellence, reliability and results. Whether you're looking to lose body fat, build strength or recover from an injury, I've got you covered.

Through working with a diverse group of clients, I've come to realise that everybody is unique, each with their own goals and lifestyle. I will construct a bespoke plan and training schedule that will have you seeing results in no time.

After suffering numerous injuries myself, I understand how frustrating and weak it can leave you feeling. Over the years I have accumulated fantastic qualifications and in-depth knowledge to ensure full rehabilitation from a wide variety of health conditions and injuries.

Do you feel like your efforts go to waste? It could be because it hasn't been supported by proper nutrition. I feel like there is a lot of misinformation in the media which can make achieving a healthier and balanced way of eating a struggle. I will help you refocus on what is proven to work and use my experience to ensure that you achieve the results you desire.

My promise to you is that I will always work with you and never against you! Climbing the ladder towards your goals is never straight forward. I will be there every step of the way ensuring you remain on track and accountable to me to ensure your success!

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