

PERSONAL TRAINER PROFILE

Kevin Wright

How do you book me?

Call: **07584627871**

Email: **kevinwright460@icloud.com**
or ask at reception for my details.



My Qualifications

Personal Trainer
(Practitioner)
Level 3

Gym instructor
Level 2

Group fitness
instructor
Level 2

Nutritional Advisor

About me

Hello, I'm Kev and I'm a certified Personal Trainer with a passion to help my clients improve their fitness goals. With 30 years of experience and proven track record of success.

I can support achieving the following goals:

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

I will create you a personalised training plan which we will seal with agreed targets and SMART goals. 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.

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
- Supportive, non judgemental approach
- Flexible training options, 121 or online support

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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