

# PERSONAL TRAINER GET RESULTS TODAY



Location **South East, Middlesex**  
<https://www.freeadsz.co.uk/x-278445-z>



Thank you for viewing my ad, I would like to firstly give a small introduction about myself. I am currently one of the top javelin throwers in the country and have dedicated my life to sports and fitness. I have been personal training for over 10 years and my skills encompass a wide rang of different training methods, originating from all of the various sports I have done during my life. Are you tired of the same old workout? Seeing the same faces in a boring gym environment, with no real goals to aim towards. Well look no further, I will be able to bring some life back into your training, with a wide range of sports specific training methods designed to your exact needs. If weight loss is your goal, I can help you achieve that; if you are preparing for a sporting event, marathon or looking to gain that extra yard on your opponent in your weekly football match I can help you do that. Please contact me for a free complementary 30min session and I guarantee you will feel the difference after just one session. I specialise in the following training methods; Weight Loss

Muscle Gains  
 Strength and condition  
 Circuits and cross fit  
 Sports Specific

Combat Training The venue I mainly train at is Crystal palace national sports centre. There are both indoor and outdoor tracks as well as a wide range of equipment for sports specific training.

I am fully qualified NVQ level 3 personal trainer.

Training with me will get you results that other personal trainers cant achieve. With my wealth of

knowledge of gym and sports specific training methods I can offer you a unique and fun way to losing weight. Getting in the best body you have always wanted. I can give you a free 30 min session. Every session is tailored to your needs and sports specific.



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