

# PERSONAL TRAINER TRAINING at your HOME or in a GYM - Goring, Worthing, Storrington



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-295713-z>

Hi, I'm Rick Howard, a Level 3 Personal trainer covering the Storrington, Goring-by-Sea, Worthing, Brighton and surrounding areas.

After weight training for many years I decided to start my own serious fitness journey in 2009 at the age of 39 from fat to fit (losing a total of 31kg of fat and increasing my muscle mass), I became extremely passionate about transforming myself and improving my health through exercise and nutrition. This became, and continues to be my mantra, therefore I always practice what I preach and I am committed to continuously developing myself professionally.

I now put the same drive and motivation into helping and supporting clients holistically reach their fitness goals; whether it's gaining muscle, toning up, weight loss, improving mobility, or enhancing their physique to achieve a target aesthetic - all done either at your home, outside, or in a gym.

## Qualifications Include:

Level 3 Personal Trainer, Level 2 Fitness Instruction, Level 2 Nutrition & Health, Emergency First Aid, REPs Registered, Insured, DBS Checked

## Expertise:

Hypertrophy, Weight Loss & Maintenance, Mobility & Strength, Physique / Aesthetics, Body Conditioning, Supplementation / Nutrition, Circuit Training, Kettlebells, Boxercise, Injury Prevention, Ski & Functional

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