

Independant Trainer



Location **London, London**
<https://www.freeadsz.co.uk/x-325015-z>



Hello!

I'm a indepandant trainer, I've been training myself and friends/family for 3 years now. I have a general understanding of personal training.



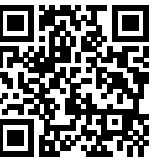
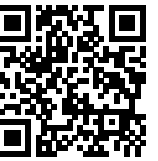





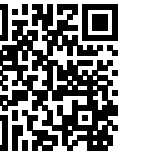
I like to call myself a hybrid athlete as I do other sports. I like to be great at multiple sports and not just go to the gym. Football, kickboxing, sprinting and of course going to the gym. My motto is "If you look good, you should perform just as well" what I'm trying to say is having an amazing body is one but being able to do other sports/activities is even better.

I'm young and ready to help others. My goal right now is to form a client base, help people who need it and deliver the results you ask for.

I'm offering general advice, personalised programs, nutritional info, supplement info and more depending on the situation. Payment will be through Paypal or Cash in hand. All online and you will get unlimited email support. If you require me to meet up with you to discuss further, this can be arranged. This is my chance to put my name out there.

Personalised program- £10
 Information on Nutrition, Supplemen etc... - Free

Anything else that you require can be

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