

# Personal Trainer - IFF - Offering a Mobile and Gym Service



Location **London, London**  
<https://www.freeadsz.co.uk/x-563957-z>



The Personal training industry is a wash of personal trainers who will effectively take your money, tell you that you can come to the gym only once or twice a week and that will bring you the result you desire. Well I have been personal training for around 5 years and this is the biggest misconception. The truth is if you want to work with a personal trainer who actually cares about your overall progress as oppose to your bank account, then you will need to use more powers of discernment.

Offering a service where results are guaranteed can be hampered by the mindset of the client so when I take a client on a careful assessment has to be made.

Principles chosen to adopt on a day to day basis are the same principles adopted in my business. Reliability, respect and trust.

Clients and Trainers both need to be reliable, respectful and trustworthy of one another in order for them to work together smoothly.

Best way to contact me is direct via the mobile, you may call or text but if you call please leave a message as I don't call back numbers without a message being left stating your name and what your query is.

07943 143 804 07943 143 8...(click to reveal full phone number)



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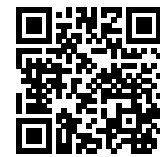
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