

Personal Training amp Boxing Coaching lessons Bournemouth



1-2-1 FITNESS TRAINING & BOXING COACHING

BEGINNERS WELCOME!

IMPROVE YOUR:
Cardio Fitness • Strength • Coordination • Balance • Reflexes • Flexibility

• Trained and taught in UK/South Africa/China
• Ex coach/PT at one of Brighton's biggest boxing gyms
• Assistant coach to England boxer Mark West
• Over 15 years experience across Boxing/Kickboxing/Traditional MA
• Level III personal trainer & nutritional advisor
• Worked with pro/amateur/hobby boxers & kickboxers

Text: **07490 371 130**

ActiveIQ | InsureSport | SIX PIVOTS | @six.pivots

Location **South West, Dorset**
<https://www.freeadsz.co.uk/x-569140-z>

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- FIRST SESSION FREE (45 MIN) -

RATES: £25 outdoors & home training / £30-35 indoors / Block bookings available

Lifestyle and nutrition consultations : £30 per session

Now that the new year is here why not try something more engaging than run of the mill fitness. I can help you to learn a long lasting skill and get healthier and more positive in the process. No pressure to compete and an approachable and friendly instructor in professional environments.

I have over 16 years of experience across Boxing, Chinese/Dutch style/Thai Kickboxing, Chinese Wrestling, Judo, and traditional martial arts. Trained and taught extensively in China and South Africa.

I am a highly experienced coach and fitness trainer, easy to get on with and adaptable to different clients. Boxing padwork and technique, cardio and resistance work, or a mix to suit your needs. Boxing does not have to feature if preferred.

Get in touch via the email form to the right >>>

Bio:

Ex coach at Stables Gym, Brighton. coached one of the top juniors now at Brighton and Hove ABC. Assistant to ex England boxer Mark West at Kicks Gym Brighton. Prepared over 100 competitors for UWCW events in Brighton. Coached kickboxers to amateur competition wins. Trained two boxers for amateur competition, one now carded and competing for Brighton and Hove ABC. Coached one K1/Muay Thai fighter now competing for KO Gym London and fighting in Thailand. Current Boxing instructor @ Urban Health and Fitness and MF-Health. Over 200 days spent training in China.

Link me up on Instagram @six.pivots



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