

## PERSONAL TRAINER PROFILE

# Chris Griffiths

### How do you book me?

Call: **07870 264049** Email: **Christopher.griffiths@serco.com**  
or ask at reception for my details.



## My Qualifications About me

**Personal Trainer**  
Level 3

**Gym Instructor**  
Level 2

**Group Fitness Instructor**

Rpm, Indoor cycling, core, HIIT, Boot camp and Body Combat.

**Hi, I'm Chris and I'm a certified Personal Trainer with a passion to help people find the right balance for themselves so they can enjoy their lives to the fullest while looking, feeling and performing how they want. My goal is to make a positive impact in my client's life making them feel the happiest and healthiest version of themselves. For myself I keep motivated by entering fitness competitions. I am going into my second season of competitions and love the push and the reward that comes with it.**

### I can support achieving the following goals:

- Weight loss/tone up or get fitter for a special occasion.
- Improve your strength, stability, speed, power, endurance, fitness,
- Build confidence
- Lifestyle choices

I will create you a personalised, unique, and customisable training plan which we will seal with agreed targets and SMART goals.

I'll also provide you with dietary advice and simple, but effective, lifestyle changes to ensure you can become the best image of your true self.

### My specialties

- Strength programming
- Olympic lifts
- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- HIIT & Endurance
- Lean Muscle Building
- Functional Training

**MORE PT**

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

let's do  
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