

PERSONAL TRAINER PROFILE

Ben Walker

How do you book me?

Call: 07399 860298
or ask at reception for my details.



My Qualifications About me

Personal Trainer

Level 3 Certificate in

Planning and

Delivering Personal
Training

Hey, I'm **Ben**, also known as @benliftsbig on social media. As a bodybuilder and coach, my mission is to help you build your best physique, forge unshakable confidence, and unlock a healthy, powerful lifestyle. I'm dedicated to building strong, healthy bodies through personalized training and online coaching.

Gym Instructor

Level 2

I offer: 1-1 Personal Training, personalized online coaching, custom made programs, Fitness Plans & routines, PT & coaching packages with guidance & support.

Let's get to work.

- **My specialties/Experience**
- Strength/Conditioning training
- General fitness and starting with the basics
- Resistance training (weights)
- Strength improvement & Core Stability
- Weight management & Weight loss
- Lean muscle building
- Consistency
- Mindset
- Lifestyle

MOREPT

I'm regulated by: The Chartered Institute for the
Management of Sport and
Physical Activity (CIMSPA) Member number 00024508

let's do
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