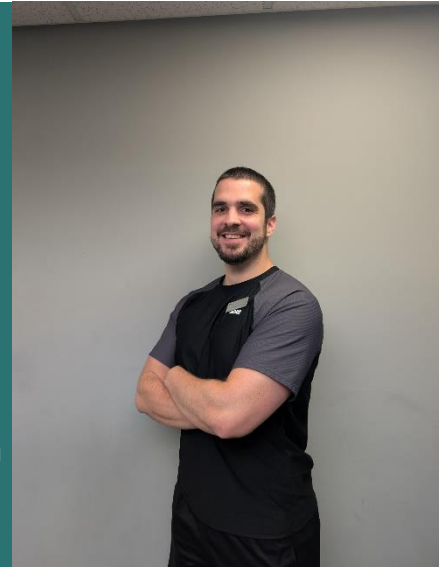


## PERSONAL TRAINER PROFILE

# Stelios Vasilikos

## How do you book me?

Call: **07399094412** Email: **Stelios.vasilikos@serco.com**  
or ask at reception for my details.



## My Qualifications

### Personal Trainer

Level 3

### Exercise Referral

Level 3

### Gym Instructor

Level 2

### Group Fitness Instructor

Level 2

### Nutritional Advisor

### Level 4 Certificate in Physical Activity for the Management of Low Back Pain.

## About me

Hey, I'm Stelios 🙋

I'm a certified Level 3 Exercise Specialist Instructor and Level 4 Lower Back Pain Management Specialist. When I'm not coaching clients, you'll find me out on the roads cycling, going for a run or lifting heavy things just for fun.

I work with people who want to move better, get stronger and feel more confident in their bodies. Whether you're just starting out or getting back into it after an injury. My programs are tailored to your goals, with a focus on smart movement, injury prevention and building strength that lasts.

If you're ready to train with someone who keeps it real and makes fitness feel less intimidating, let's chat.

## My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- Powerlifting
- Weight Management & Weight Loss
- Lean Muscle Building
- Functional Training & Injury prevention
- Exercise Referrals

I'm regulated by:

**MORE PT**

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

let's do  
**MORE**