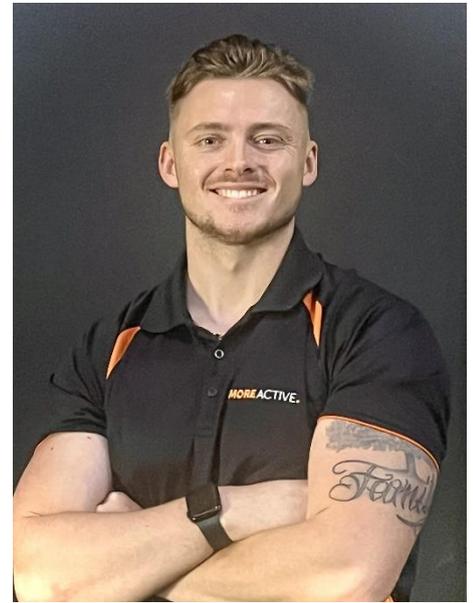


PERSONAL TRAINER PROFILE

# Adam Griffiths

## How do you book me?

Call: **07837358506** Email: **adam.griffiths1@serco.com**  
or ask at reception for my details.



## My Qualifications

**Personal Trainer**  
Level 3

**Gym Instructor**  
Level 2

**Group Fitness Instructor**  
Level 2

- Body Combat,
- Bootcamp,
- Legs Bums and Tums
- Circuits
- Core

**Nutrition and Weight management**

**A Level Physical Education**

**Bsc Sport and Exercise Science**  
Level 6

**Hi, I'm Adam, a personal trainer and fitness fanatic. I take pride in helping my clients through a tailored approach to make positive changes to meet their goals and see clear results.**

**With 1-2-1 training, I provide you with regular fitness assessments to measure success, SMART goal setting, a tailored plan, regular check in and support, and diet and supplement advice.**

**I provide online coaching for those who do not want 1-2-1 sessions. I can also provide nutrition plans separately or additionally to PT/online coaching.**

**Every client becomes a friend when they sign up with me, I take pride and care about your results. It gives me a buzz when my clients reach their goals.**

## My specialties

- General fitness and starting with the basics
- Resistance Training (weights) and Strength improvement
- Body Building Training (lean muscle building)
- Online Programming
- Nutrition plans,
- HIIT & Endurance exercise
- Weight Management & Weight Loss
- Functional Training
- Sport specific performance 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  
**MORE**