

PERSONAL TRAINER PROFILE

# James Wilkes

## How do you book me?

Call: **07833 231249** Email: **james@jrwtraining.co.uk**  
or ask at reception for my details.



## My Qualifications About me

**Personal Trainer**  
Level 3 (Practitioner)

**Gym Instructor**  
Level 2

**Group Fitness Instructor**

**Nutritional Advisor**

**Sports Massage**  
Level 3

**Hello, I'm James, a certified Personal Trainer and Online Coach. My passion is to help my clients improve their lives by implementing sustainable lifestyle changes to help reach both their short and long term goals.**

**I can support your goals with the following services:**

- 1-2-1 and Hybrid training packages
- Bespoke online nutrition and training plans
- Track & manage your progress online

### My specialties

- Resistance Training
- Strength & Conditioning
- Weight Management & Weight loss
- Body Composition
- Functional Training & Injury prevention

**MORE PT**

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number C022090

let's do  
**MORE**