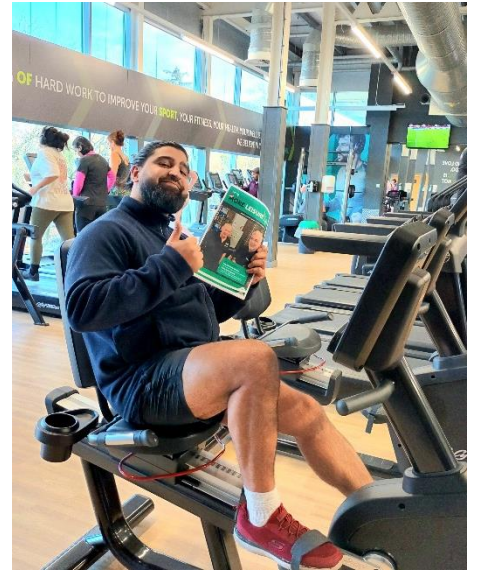


PERSONAL TRAINER PROFILE

Adnan Hussain

How do you book me?

Call: **07414263855** Email: **adnan.hussain@serco.com**
or ask at reception for my details.



My Qualifications

Personal Trainer

Level 3 in Personal Training (QFC)

Gym Instructor

Level 2

Group Fitness Instructor

Qualified to lead:

Group Indoor Cycling
ICG Cycling
Indoor Rowing
Kettlebell
HIIT
Gym Fusion (SGT)
Legs, Bums & Tums
Bootcamp
Box Pad Work
Boxercise
DVRT Sandbags
TRX Suspension
Aqua Aerobics
Technique Classes
SG Foam Rolling
TABATA Fitness

About me

Hello, I'm Adnan and I'm a certified Personal Trainer, my deep desire is to help individuals achieve their Short/long-term goals whether your seeking help with getting started or need to reach the next level of your fitness, each client is individually evaluated and provided with a well-researched and comprehensive plan.

I can support your goals with my following services:

- Free consultation
- 1-2-1 Training
- Design bespoke and customizable training plan.
- Provide you with advice and simple, but effective, lifestyle changes to ensure you can become the best image of your true self.
- Track and manage your progress.

My specialties

- General fitness and starting with the basics
- Improve your ability to do everyday activity
- Resistance Training (weights)
- Strength Improvement & Core Stability
- Compound Movement Posture correction
- Weight Management & Weight Loss
- Strengthen Bones and build muscle
- Functional Training & Injury prevention
- Mobility Movement Specialist

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