

Personal Trainer

Tom Smith

As a graduate of both Masters and Bachelors degrees in Sports Science, Tom has extensive knowledge of the fitness industry. Tom is an exercise scientist, personal trainer and also qualified strength & conditioning coach with experience of working in professional sports clubs. As well as strength and conditioning for sports performance and injury prevention Tom is passionate in personal training for weight management, body composition and general health, fitness and well-being. Through Tom's experiences he has developed an advanced level of both practical knowledge and application of different fitness environments.



Specialist areas of fitness:

- Strength & conditioning
- Sport specific fitness
- Injury prevention
- Weight management

Qualifications:

- MSc Athletic Development and Peak Performance
- BSc Sports and Exercise Science
- Level 3 personal Trainer