

Personal Trainer

Scott O'Shea

With a broad sports & exercise science background, no area is left unexplored. All physiological, biomechanical, psychological and nutritional aspects are expertly covered. Scott adopts a fresh and holistic approach to training, using the best methods to reach the client's desired goals. Scott's training process takes into account individuality and provides bespoke exercise plans.

Specialist areas of fitness:

- Strength & conditioning
- Prehab (preventative exercise) & rehab
- Core stability
- Weight management

Qualifications:

- BSc Hons In Sport and Exercise Science
- Certified Level 3 Personal Trainer
- Extreme circuit instructor



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HEALTH & PERFORMANCE