

Personal Trainer

Alex Gard

With an extensive background in sports coaching & development and an advanced understanding into sports science, Alex can assess and progress clients physically, physiologically and nutritionally. Alex provides personal training that is unique to you– this can range from weight loss & body sculpting to specific sport training. Alex is also a competing Fitness Model, who is always aiming to better his physique, performance and knowledge. Alex is very aware that personal training is, and should be a fun and rewarding experience and therefore he likes to ensure that a relaxed, enjoyable & professional atmosphere is provided in each session. Alex believes that health and fitness is often mistaken for an experience that people feel is hard and too challenging to grasp, and so is a big supporter of the ‘walking before running’ approach.

Specialist areas of fitness:

- Body sculpting & toning
- Weight management
- Sports specific fitness
- Performance analysis

Qualifications:

- BA Hons In Sports Coaching & Development
- Certified Level 3 Personal Trainer
- Healthy living instructor

