

Personal Training @ Flitwick



Paul Sherwood
Personal Trainer

Joined SLL: 16/07/09
Mobile: 07921 859421



Personal Statement

I have always been passionate about sport and fitness. From a young age I played all sports but eventually took basketball on seriously competing in the men's Hert's Divisions for Luton Fliers.

I work as a personal trainer alongside my hours as a gym instructor and also as the Sports Therapist for Ampthill Town FC.

Personal Interests & Specialized Areas

- o Sports specific training
- o Free weights
- o Interval training
- o Weight loss
- o Injury Rehabilitation

Client Testimonial

I decided to take up some PT sessions earlier this year. My aim was to tone up and lose body fat. Having now been having these sessions for just short of 5 months the difference is already noticeable.

At the beginning and at regular intervals throughout we have consultations to monitor and assess progress. Within 5 months I have lost at least 3% of my total body fat and have toned up considerably. Each of the sessions was always enjoyable and was made all the more fun by the enthusiastic approach delivered each time.

I would recommend these sessions to anyone whatever your ability - you will be encouraged and pushed each session to fulfil your full potential but its well worth that extra effort when you see the results.

Jon

Qualifications & Experience

- o Level 3 Personal Trainer
- o Level 3 Sports Massage Therapist
- o Level 2 Gym Instructor
- o FightFit Boxing Fundamentals
- o Power Plate Fundamentals
- o Studying for Level 3 G.P. Referral
- o 1 Year of industry experience
- o Spent 6 months at Luton Town FC giving pre/post training sports massage to the players and staff

