

Personal Training @ SLL



Mark Jennings

Personal Trainer / Fitness Manager

D.O.B: 19/01/1982
Joined SLL: 31/10/2005
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Personal Statement

I am an organised, out going person who strives to get the best out of everything I am involved in. I am a family man with two young children and do Personal Training part time alongside my Fitness Management and Circuit Training hours. I enjoy passing my knowledge to clients and helping them to achieve their goals.

Personal Interests & Specialized Areas

- o Football
- o Running
- o Cricket
- o Circuit Training
- o Sports Conditioning
- o Nutrition
- o Advanced Resistance Training
- o Fitness Testing

Finishing words

Availability for new clientele is flexible, so please contact myself directly to arrange a consultation. I ensure a professional service and work to high standards. Qualifications and References from past personal training clients covering 4 years are available to view upon request.

Qualifications & Experience

- o YMCA Personal Trainer Award
- o Wright Foundation GP referral
- o YMCA level 3 Exercise and Fitness Knowledge
- o YMCA level 3 Sports Conditioning
- o YMCA level 3 Nutrition
- o YMCA Level 3 Client Appraisal
- o YMCA Level 3 Resistance Training
- o YMCA Level 3 Cardio Vascular Training
- o YMCA Level 3 Understanding The Industry
- o YMCA Core Stability
- o YMCA Level 2 Gym Instructor
- o YMCA Level 2 Circuit Training
- o NVQ 3 Coaching, Teaching and Instruction
- o London Marathon 2002, 2003 and 2004 - Best Time 3hrs 35mins.
- o Cricket for Bedfordshire C.C. Colts
- o 18 years competitive football experience to district level
- o 5 years Personal Training experience and 8 years fitness industry experience

