

# personal training @ saxon



## **Kate Robertson** **Personal Trainer / Gym Instructor**

**D.O.B:** 11/11/1974  
**Joined SLL:** 04/09/2007  
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### **Personal Statement**

I'm a fun, outgoing person who likes to ensure all training sessions are enjoyable as well as effective. I am a mother of two and have myself had to train hard to regain my pre-pregnancy weight after having two heavy babies in quick succession, so am fully empathetic with anyone who has a goal to reach like this.

### **Personal Interests & Specialized Areas**

- o Weight management and nutrition
- o Advanced cardiovascular and resistance training techniques.
- o Effective progressive program design.
- o Core stability.
- o Flexibility.
- o Cross country jogging and power

### **Finishing words**

I get immense pleasure from seeing my clients health and fitness levels improve and will strive to ensure each clients individual needs are taken into consideration before bringing them up to a level of fitness they've always dreamed of.

### **Qualifications & Experience**

- o CYQ Level 3 Personal Training
- o CYQ Level 3 Advanced Resistance Training
- o CYQ Level 3 Cardiovascular Training
- o CYQ Level 3 Exercise and Fitness Knowledge
- o CYQ Level 3 Client Lifestyle and Fitness Assessment.
- o CYQ Level 3 Training in Different Environments.
- o CYQ Level 3 Nutrition and Weight Management.
- o CYQ Level 3 Business and Marketing Skills for Fitness Professionals.
- o YMCA Level 2 Fitness Instructing.
- o YMCA Level 2 Circuit Training.

