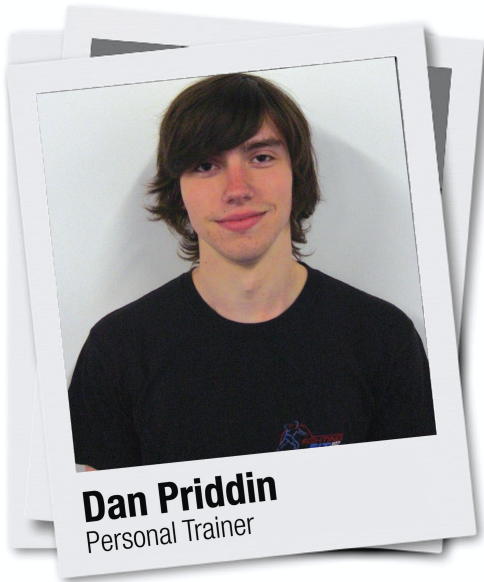


TRAINER PROFILE

DAN PRIDDIN



Dan Priddin
Personal Trainer

QUALIFICATIONS

GB Fitness Advanced Gym Instructor
BTEC National in Sport

EXPERTISE

- Women's Conditioning Training
- Body Toning
- Fat Reduction
- Boxing Coaching
Technique/Conditioning



PERSONAL STATEMENT

I have a contemporary approach and attitude to fitness, I believe the best possible results are not achieved by the old archaic- NO PAIN NO GAIN approach or any other outdated, overused macho cliché but from working with each individuals bio mechanics to achieve their own specific ambitions.

EXPERIENCE

Sport and the world of exercise and fitness which surrounds it has played a significant role throughout my life, as a result I have gained a wealth of knowledge which I apply to my client's particular circumstances and needs. This experience includes coaching at Fighting Fit City Gym for over one year. Boxing training which led to me been undefeated as an EBF fighter. Furthermore I have sparred with World Class Boxers such as World Amateur Champion Frankie Gavin among others.



REFERENCE'S

"With Dan's encouragement and knowledge of conditioning I have managed to get in and stay in fantastic shape"

ANNA BASSETT

"Dan's friendly approach brings nervous gym users confidence and makes his sessions enjoyable. Get his attention to detail as well as his considerable knowledge could help anyone achieve their goals"

LYNDA DALE

CONTACT

MOBILE 07729 968 811

SESSION PRICE

£18 per hour.

Please call for more details & information