

TRAINER PROFILE

JAMIE CAHILL



Jamie Cahill
Personal Trainer

QUALIFICATIONS

Premiere Certificate in Personal Training
Fitness Trainer Award
Premiere Certificate in Gym Instruction
Foundation Certificate in Gym Instruction

EXPERTISE

- Weight Management
- Strength Conditioning
- Sports Specific Training
- Core Strength Training
- Footwork & Agility Training
- Nutritional Advice



PERSONAL STATEMENT

I am an enthusiastic trainer who trains towards my client's goals, whether that is a triathlon, boxing fight or losing 10 pounds. I like to provide exciting and diverse session to get the best out of my clients. With four years experience I have worked with many people with different abilities. I am confident that I can work with any client to achieve their goals whatever they may be.

EXPERIENCE

As a boxer I have an unbeaten record. I have boxed with national champions and sparred with international boxers and beat a Nigerian National Champion. I have also had experience in Olympic weightlifting, wrestling and earned a black belt in Karate.

REFERENCE'S



"having had personal trainers in the past you have undoubtedly managed to produce the best results for me, mixing extensive knowledge of training routines with a calm approachable style"

JOHN GRIFFITHS Director, Gritt Designs

"With Jamie's knowledge, experience and encouragement I have ran the London Triathlon, New York and Berlin Marathons - all this at the age of 59. Every session is fun and specific to the goals I want to achieve. From resistance training, core training or some boxing I would feel confident recommending Jamie to anyone"

JOHN GANNON

CONTACT

MOBILE 07725 918 315

SESSION PRICE

£25

Please call for more details & information