

## TRAINER PROFILE

# PAUL GOUGH



**Paul Gough**  
Personal Trainer

## QUALIFICATIONS

GB Fitness Advanced Gym Instructor  
ABA Full Boxing Coach  
British Boxing Board of Control  
Professional Boxing Trainer

## EXPERTISE

- Boxing Coaching
- Sports Specific Training
- Injury Rehabilitation
- Special Populations / Older Clients 50+



## PERSONAL STATEMENT

I have spent 25 years in boxing coaching and produced a National Champion in every boxing competition in the country, I have drive, passion and expertise to make anyone achieve their goals and I thrive on success. Now I am personal training I apply the same winning mentality to all of my clients whether their goals are to be the next contender or to loose weight for an upcoming holiday. I am driven by success.

## EXPERIENCE

I have trained amateur boxers for 25 years and produced countless champions at regional, national and international level. I am now a professional boxing trainer with several of my old amateur boxers competing under my guidance.

## REFERENCE'S

*"The Gough is a legend! His guidance, expertise and knowledge are exceptional. He makes Goda look like a novice"*

ELLIOT WEBB BRMB Radio DJ

*"Paul's dedication to training makes every session enjoyable. His focus, attention to detail and support is always gratefully received. This year with the help of Paul's training I completed a wilderness walk to raise money for cancer awareness"*

BETTY NICHOLAS 'Boxing Betty', Retired

## CONTACT

MOBILE 07883 012 981

## SESSION PRICE

£35

Please call for more details & information

