

TRAINER PROFILE

RICHARD GHENT



Richard Ghent
Personal Trainer

QUALIFICATIONS

GB Fitness Advanced Gym Instructor

EXPERTISE

- Boxing Coaching (all levels)
- Fat Loss
- Special Populations / Older Clients 50+



PERSONAL STATEMENT

I have found something that I love to do, my job means everything to me. Whether its teaching someone how to box or structuring a session for someone to loose body fat, I will always give my best to help my clients achieve their goals.

EXPERIENCE

I have boxed for over 8 years, during this time I had 37 amateur fights, winning four junior Midland Titles and reaching a national final that was featured on Sky Sports. As a professional I have had a handful of fights and am currently in the infant stages of my pro career but have already sparred some big names including Birmingham's World Amateur Champion Frankie Gavin.



REFERENCE'S

"After a series of knee injuries Richard developed a full programme without impacting knees. Combined with sound nutritional advice, occasional one to ones and his programme I have lost over 3 stone. Richard's motivational techniques ensure me my progress continues without the demand for continual one to one sessions"

DAVE WEST Health and Safety Manager

CONTACT

MOBILE 07891 017 112

SESSION PRICE

£20

Please call for more details & information