

Neil Perkins
Personal Trainer

QUALIFICATIONS

GB Fitness Advanced Gym Instructor
Premier Diploma in Personal Training

EXPERTISE

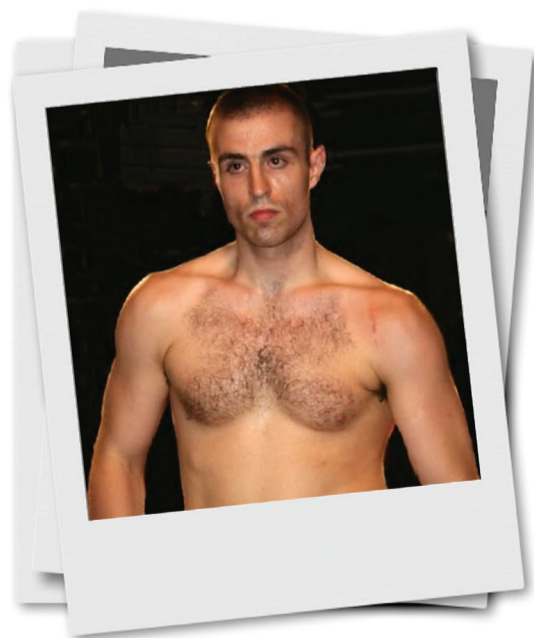
- Boxing Coaching
- Sports Specific Training
- Pre and Post Natal Training

PERSONAL STATEMENT

I enjoy working with people of all levels to help them reach their goals. Personal Training is something that gives me great satisfaction and I offer all clients the complete package by offering them a personalised nutrition plan, personalised training programme and ongoing support. I realise that everyone has different challenges to overcome and goals to achieve. Only when you can understand what their goals are and what it takes to achieve them, can you plan a route to success. I am confident with my vast experience that I can make you achieve your goals based on the understanding that you will work with the programme that is designed for you. Time wasters need not apply.



Perkins & The Hayemaker



EXPERIENCE

As a boxer I overachieved - I was told that I was 1. Too old to box and then 2. A shoulder injury would prevent me from boxing. I went on to win 18 out of 21 amateur bouts, 4 out of 5 pro bouts and spar with World Heavyweight Champion David Haye. I have Personal Trained a wide range of clients from different backgrounds and now work as a conditioning coach for undefeated Light Welterweight Richard Ghent and Welterweight Lance Brookes

CONTACT

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SESSION PRICE

£300 for 10 sessions personal training
£180 for 10, 30 - minute pure pad sessions