Just a bit about myself, I'm a level 4 qualified personal trainer and nutritionist. Been in the

fitness and health industry since 2010. I specialise in full body transformation.

I began my fitness journey as a young teenager with work experience in a high level gym in

London. Working and studying under some of the best personal trainers in the region.

I studied them closely in terms of styles and training methods. Until I later developed my

own. I best describe myself as an old school trainer with modern methods. I constantly

revise and keep myself up to date on the new ground-breaking changes in the fitness and

health industry, everything from biomechanics to nutrition.

Once when I became an established trainer I wanted to expand my knowledge and helped

new and upcoming trainers. And really help them make a name for themselves in the

industry as this was once done for me. So I became a fitness manager mentoring Personal

trainers giving them advice and understanding on their client’s needs. Helping them design

programs best suited for their client’s goals whether it's in weight loss, weight gains or even

relieving muscle and joint pain.

Every trainer who has worked under me has become a successful trainer in their respected

fields. Giving their clients a 100% satisfaction rate.

But my hunger to grow within the industry only grew from there. So I worked on cruise ships

becoming an international health and fitness director of all the respected ships I worked on,

from carnival to the new virgin voyage ships. Becoming the first health and fitness trainer in

history having worked on that cruise line.

So I am now expanding my knowledge and training programs more to a global scale which is

a massive honour.

favorite quote: there is no such thing as perfection there is only progression