

## PERSONAL TRAINER PROFILE

# Kieron Bates

### How do you book me?

Call: **01942 634810**  
or ask at reception for my details.



### About me

### My Qualifications

**Personal Trainer**  
Level 3

**Gym Instructor**  
Level 2

**Group Fitness  
Instructor**  
Level 2

**Nutritional Advisor**

**Foam Rolling  
Instructor**

**Hello, I'm Kieron, I am a qualified personal trainer with 4+ years of experience, 2 of them were spent coaching my Regiments Powerlifting team as I spent 11 years as a Royal Engineer in the British Army.**

**I've competed in 5 different Powerlifting Competitions and placed in every single one.**

### I can support achieving the following goals:

- Strength/Conditioning training
- Muscle building
- Weight loss/Tone up
- Overall health
- Confidence
- Flexibility/Mobility

I will design a specific personal program for you to follow with guidance, and make sure that you are on the right path to achieve your goals.

### My specialties/Experience

- Free weights technique and exercises
- Powerlifting
- Strength Training
- Weight management
- Functional fitness
- Bootcamp/Group exercise