



PAUL REYNOLDS FITNESS

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PERSONAL TRAINING

QUALIFICATIONS:

- BSc (Hons) Sport & Exercise Science
- REPS Personal Trainer Level 3
- British Weightlifting Level 2
- Exercise Referral Level 3
- KBT Education Strength & Conditioning Level 1

Paul has over 10 years' experience, working with a wide range of people from absolute beginners to competitive athletes and everyone in between. Specialising in coaching for attaining a healthy lifestyle, fat loss, muscle building and strength and conditioning, Paul provides the right training to hit your goals.

Paul's expert coaching includes providing 1 to 1 and Group Personal Training, developing and leading intensive programs (R.I.S.E, Female Strength Training) and instructing classes (Supersculpt, Blast).



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