



# George Martin

## **Fitness Professional/ Personal Trainer**

George is not just a trainer but a teacher, coach and a guide on your fitness journey. You will learn what works for you and how to overcome setbacks, there is no failing. If your fitness goal is to lose weight, improve your fitness levels or tone up, George is here for you. With his training, knowledge and experience you will be able to achieve together.

George discovered that health and fitness is not about being better than others, it is about being a better you, mentally and physically. He has a positive mind-set, a real desire, a drive to achieve and to continue moving forward, not only from his fitness journey but in life too.

Having played football semi-professionally, running cross country for his district and being a Football Association coach, George has been involved in sports and fitness for a vast amount of time. His training style consists of both aerobic and anaerobic, such as weight training, circuits and HIIT. He has trained clients of all abilities and at different fitness levels, from training to climb mountains, posture correction, improving stability and getting boxers fighting fit with cardio training.

Don't hesitate to say hello to George in the gym or to contact him to book in a free Personal Training consultation.

### **Specialist Areas**

- Muscle tone and development
- Body fat reduction
- Exercise for weight loss
- Improving aerobic fitness
- Body confidence