

# Sebastian Obeada



## Personal Trainer

Sebastian is a passionate and dedicated personal trainer with a European Qualification Framework level 4 certification. Sebastian's fitness journey began in 2016, when he decided to step away from his professional football career due to injuries. Rather than letting setbacks hold him back, he channelled his passion into helping others achieve their own fitness goals.

Sebastian's dedication to personal growth and learning led him to obtain the EQF Level 4 certification, demonstrating his commitment to providing quality training. He also developed a strong understanding of advanced anatomy and physiology, as well as nutrition and diet. With an unwavering enthusiasm, Sebastian is known for his ability to connect with people on a personal level. He understands that everyone has different goals, limitations, and dreams. Sebastian's relentless pursuit of the best fitness levels possible has not only transformed his own life but has also had a profound impact on the people around him. His contagious passion and motivation inspire them to surpass their own expectations and achieve remarkable results.

Beyond the gym, Sebastian leads by example. He understands the importance of balance in life and encourages his clients to adopt healthy habits outside of their training sessions. Sebastian's goal is not only to help clients achieve their fitness goals but also to empower them to make lasting changes that enhance their overall quality of life. Sebastian prides himself on providing guidance, support, and motivation every step of the way. Whether it's through strength training, hypertrophy, cardiovascular exercises, or functional movements, Sebastian's goal is to maximize results. His dynamic and engaging approach keeps clients motivated and excited about their fitness journey, creating a path towards long-term success.