

**BOOK
TODAY!**



LIAM

WORRALL

PERSONAL TRAINER

SPECIALISMS

- ✓ Strength Training
- ✓ Muscle Hypertrophy (Gain)
- ✓ Fat Loss
- ✓ Military Style Fitness Training
- ✓ Athletic Performance
- ✓ Circuit Training

BOOK YOUR **COMPLIMENTARY** PT SESSION

07859 874548

 **YOUR**
waterside
Personal Training™

**BOOK
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LIAM

WORRALL

PERSONAL TRAINER

QUALIFICATIONS:

- ✓ Active IQ Level 3 Diploma in Fitness Instruction & Personal Training
- ✓ Level 3 GP Referral (On Going)
- ✓ Level 4 Obesity & Weight Management (On Going)

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TESTIMONIAL

Only two weeks in but loving every minute of it. Completely tailored to you and takes my goals into account when setting my plan up. Biggest help was the nutrition for me and I can say he's been nothing but helpful the whole way through.

Luke

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**APPLY
TODAY!**

PERSONAL TRAINERS WANTED

**Are you looking for a
rewarding career as a
personal trainer in a
Waterside Leisure Centre?**

INTERESTED?

**for more information email your CV to
info@yourpersonaltraininguk.co.uk**

www.yourpersonaltraininguk.co.uk

 **YOUR
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Personal Training™