



# Personal Trainer PROFILE

## Zbynek Zatloukal

LEVEL 3 Personal Trainer

### AREA OF EXPERTISE:

- Weight loss
- Strength and conditioning
- Body fat reduction
- Sport specific training
- Nutrition guidance

### QUALIFICATIONS:

REP'S Accredited L3 in Advance personal training

REP'S Accredited L2 Gym Instructor

L3 Nutrition to support physical activity

Kettlebell

I am an accredited PT with a L3 Diploma in personal training and an award-winning, qualified chef with a special interest in fitness nutrition.

### SUCCESS COMES FROM THE INSIDE OUT...

I believe we all can be successful - it's inside us, we just have to release it and harness it to become better and stronger.

I bring that philosophy into both fitness environments and into every personalised workout plan. Every person is different and has different needs. I will work alongside you and design a plan suitable for you whatever your goal - to lose weight, to tone, to gain muscle, or to improve your fitness.

TOGETHER WE CAN DO IT...!



Get in touch:

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