

PERSONAL TRAINER PROFILE

Mitch Harper

How do you book me?

Call: **07398 889 635**

or ask at reception for my details.



My Qualifications About me

Personal Trainer

Level 3(Practitioner)

Exercise Referral

Level 3

Gym Instructor

Level 2

Group Fitness Instructor

Level 2

Nutritional Advisor

Hi, I'm Mitch and I'm one of the personal trainers here at Leys Pools.

Having over a decade's worth of experience in the fitness industry, I like to help those who are lacking in motivation to help reach their goals, as well as those who are regular gym goers but have now plateaued with their training and are looking for ways to enhance their lifts and fitness levels. So whether your goals are fat loss, sports specific training, to have a better understanding of how to use the gym efficiently and be confident or just to improve your overall fitness levels then I can help you reach your goals.

My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- HIIT & Endurance
- Weight Management & Weight Loss
- Lean Muscle Building
- Functional Training & Injury prevention
- Exercise after COVID 19 & Exercise Referrals

MORE PT

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

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