

## PERSONAL TRAINER PROFILE

# Vicky Holton

### How do you book me?

Call: **07411 900304** Email: **holton182@gmail.com**  
or ask at reception for my details.



## My Qualifications

**Personal Trainer**  
Level 3

**Gym Instructor**  
Level 2

**Regular CPD,  
workshops &  
continued  
education**

## About me

**Fitness changed my life, which is why I'm passionate about helping others find out what works best for them. I started my fitness journey, lacking confidence, and not knowing where to start in the gym.**

I understand what it's like to start from zero, feel intimidated, and doubt yourself – because I've been there. Through learning proper technique, building consistency, and trusting the process, training gradually became something that changed how I felt both physically and mentally. I don't believe in a single method for everyone – your body, goals and lifestyle are unique. My approach is personalised, supportive, and focused on building strength, confidence and sustainable habits both inside and outside the gym.

If you want to feel stronger, more confident and comfortable in the gym, I'm here to guide you every step of the way.

### Bodybuilding Experience

As a competitive bodybuilder, I understand the work, technique, and mindset needed to transform your body. I use this experience to coach clients safely and effectively, whether your goal is fat loss, strength, or toning, no matter where you are starting.

## My specialties

- General fitness and Conditioning
- Weight loss & Body Fat Reduction
- Functional Strength Training
- Core Strength & Stability
- Technique & Exercise Form Coaching
- Accountability & Confidence
- Sustainable Training (no extremes diets)



@vh\_performance.coaching



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I'm regulated by:

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

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