

PERSONAL TRAINER PROFILE

Luis Cleary

How do you book me?

Whatsapp: **07525855337** Email: **pivot2performance@gmail.com**

Instagram: **@pivot2performance**
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3

Sports Therapist
Level 6

Gym Instructor
Level 2

Sports Masseur
Level 4

Nutritional Advisor

Academic:

- BSc (Hons) Sports Therapy
- BTEC Level 3 Diploma Sports Development & Fitness

About me

Hello, I'm Luis and I'm a certified Personal Trainer, Sports Therapist and Sports Masseur with a passion to help my clients improve their lives, both holistically and physically through fitness, nutritional and lifestyle changes.

I can support achieving the following goals:

- Weight Loss
- Strength Training
- Injury Rehab
- Sport Specific Training
- Postural Improvement

I'll also provide you with dietary advice and simple, but effective, lifestyle changes to ensure you can become the best image of your true self.

My specialties

- Weight Loss
- Back Pain Management/Rehab
- Muscle Gain
- Injury Rehab
- Post-Op Rehab
- Mobility Coaching
- Sport Specific Training/Physio
- Programme Writing

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INJURY REHAB



PERSONAL TRAINING



SPORTS MASSAGE



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