

PERSONAL TRAINER PROFILE

Craig Stock

How do you book me?

Email: craig.stock@serco.com
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3

Gym instructor
Level 2

Level 3 Extended
Diploma in Sport
and Exercise
Science

About me

Hello, my name is Craig and I'm a Level 3 certified Personal Trainer specialising in losing body fat and building muscle. I have almost 10 years of experience in a gym environment which has consisted of improving myself and helping others reach their fitness goals.

I believe exercise shouldn't be seen as a chore and rather should be enjoyed as a fun, vital process to helping you become as fit and healthy as possible.

I am committed to helping you achieve and exceed your goals in a safe and effective manner, to do that I provide the following services:

- 1-2-1 Training
- 1-2-2 Training
- Design training plans tailored to your goals
- Give general advice and support for a healthy lifestyle

My specialties

- Advanced Training Methods
- Strength and Muscle Building
- Circuits/ HIIT
- Losing Excess Body Fat
- Functional Training & Stability/ Injury Prevention
- Core and Balance
- Sports Performance
- Boxing Pad Work

I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number

let's do
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