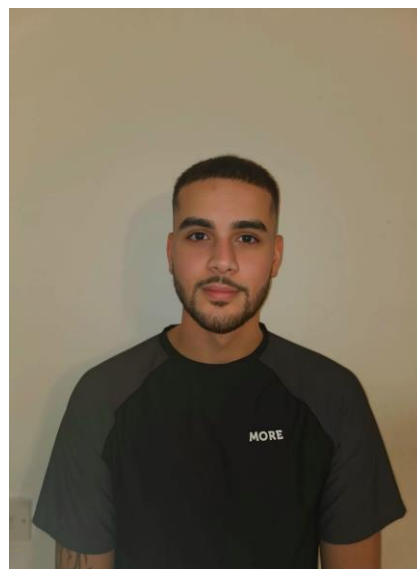


PERSONAL TRAINER PROFILE

Ali Salimbayat

How do you book me?

Call **07575064224**
or ask at reception for my details.



My Qualifications

Personal Trainer
(Practitioner)
Level 3

Exercise Referral

Strength and
Conditioning level 4

Gym instructor Level
2

Competitive
background in
Mixed Martial Arts
(MMA)

Professional
Experience in
Basketball (former
pro player)

Nutritional Advisor

Academic:
BSc (Hons) Sports
Therapy

About me

Hello, I'm Ali and I'm a Certified Personal Trainer and Sports Therapist with a passion for helping people of all levels achieve their best. Whether you're stepping into the gym for the very first time, looking to build confidence and learn the basics, or you're an athlete wanting to sharpen your performance, I can guide you every step of the way.

My background as a professional basketball player and MMA competitor gives me first-hand experience of high-performance training, while my Sports Therapy degree ensures I can support recovery, prevent injury, and keep your body moving at its best. I'll create a personalised plan tailored to your goals, combining effective workouts, lifestyle coaching, and, where needed, therapy and rehabilitation support.

No matter where you're starting from, beginner, fitness enthusiast, or athlete, my aim is to help you grow stronger, healthier, and more confident both inside and outside the gym.

My specialties

- **General fitness & confidence building**
- **Weight management & body transformation**
- **Strength & conditioning**
- **Sport specific training**
- **Functional training & Injury prevention**
- **Lifestyle and mindset coaching**
- **Consultations and recovery therapies**

I'm regulated by:

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

let's do
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