

PERSONAL TRAINER PROFILE

Mike Churm

How do you book me?

Call: **07521824668** Email: **Mikecpt85gmail.com**
IG: @mikecpt



My Qualifications

Personal Trainer
Level 3

Gym Instructor
Level 2

**Group Fitness
Instructor**
Level 2

Nutritional Advisor

About me

Is Muscle gain or body toning your main goal?

Are you unsure of how to put together an effective routine? Or which exercises are best to help you achieve the results you want?

Do you want to feel confident using the free weights and gym equipment with good form? If you answered yes to any of the above, I could help.

I believe in structured training with proven methods that get real long-lasting results.

For more information on my services, please contact me on any of the above or feel free to come and have a chat to me on the gym floor.

My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- Structure plans
- Weight Management & Weight Loss
- Lean Muscle Building
- Functional Training & Injury prevention

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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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