



# Christian Thomson

## Personal Trainer

- Reps Level 3
- Sports Massage
- Sports Nutrition
- Black Belt in Muedo
- Kick Fitness Master Trainer

**"I provide a unique personal training service for clients of all shapes, sizes and abilities!"**

## Do you want...

- A fitter toned body?
- Higher aerobic capacity?
- Tighter hips, bum and arms?
- Improved sporting performance?

A martial arts expert and the current British & World Kickboxing Champion, Christian has competed at International level across the world. He now combines his expertise with his passion for sport, health and fitness in general to provide a unique personal training service for clients of all shapes, sizes and abilities.

Drawing on his experience as an athlete, Christian can provide the ultimate in one to one or group training to ensure that however big or small you will achieve your goal.

## Specialising in...

- Body weight work
- Athlete Definition
- Speed & power
- Agility

**CALL TODAY** TO SEE HOW CHRISTIAN CAN HELP YOU...

Call today for a...

**FREE**  
consultation!