



Craig Bothwell

Personal Trainer

- Level 3 Personal Trainer
- Level 3 Nutrition
- Level 3 Training in Different Environments
- Level 3 Kettle Bell Fundamentals
- ViPR Instructor

“Whatever you want to achieve, call me & I will get you there!”

Do you want to...

- To gain confidence with energy and vitality
- To lose weight and firm up
- Add lean muscle and gain tone and definition
- To try something new and exciting that pushes your limits

Specialising in confidence building, outdoor training, muscle development, weight loss, ViPR and kettle bells, I bring over 15 years of client facing experience to your workout. This means that I listen to your needs and work closely with you to achieve your goals.

Expect positivity and drive and know that you'll become more confident, stronger and invigorated with a new passion for exercise.

What they say...

Craig not only got me educated on the right weights and machines to use and how best to use them, he also got me to build muscle, raise my confidence; something I badly needed. I couldn't have done any of this without his support, positive encouragement, feedback and motivation.

CALL TODAY TO SEE HOW CRAIG CAN HELP YOU...

Call today for a...

FREE
consultation!



THE
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