



Rachel Russell

Personal Trainer

- Level 3 Advanced Personal Trainer
- Body Composition Specialist
- Pre/Post Natal Exercise Specialist
- OUTBOX Level 1 Coach

“Dramatically improve your athletic ability & develop a physique that reflects this...”

Do you want...

- Change your body composition
- Increase your strength and power
- Optimise your movement potential
- Maintain muscular strength and endurance throughout pregnancy
- Re-gain your pre-pregnancy figure
- Lose your inhibitions and develop greater confidence and persistence

The determinant of an effective training regime is its propensity to successfully optimise your movement potential- not just your physical appearance. If you train for performance, not only will you dramatically improve your athletic ability, you'll also develop a physique that reflects this aesthetically.

As a trainer, I seek to cultivate a supportive, unintimidating and non-judgemental training environment in which you are able to challenge yourself, unconstrained by the limiting fear of failure or embarrassment. I promote the development of a positive body image, striving to ensure clients maintain realistic aesthetic and/or performance related ideals whilst encouraging them to realise their potential. I believe that the benefits of a strong, healthy body permeate positivity throughout all aspects of the physical being and in the case of the pre-natal woman these benefits extend extensively to her baby.

“Being new to the gym and never having thought of using a personal trainer, I had a trial session with Rachel and have never looked back. Rachel makes exercise so much fun that you cannot believe it is doing your body any good. My fitness has improved dramatically and so has my shape. She manages to provide challenging, tailor made workouts that seem to be impossible but with her gentle encouragement these can be achieved-to my amazement! I am grateful for her on-going help and support.”

Susan Rankine - Bankside Member

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



Call today for a...
FREE
consultation!

07584 207 441

rachel@rachelrussellpt.co.uk

www.rachelrussellpt.co.uk