



Paul Reynolds Fitness ®

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PERSONAL TRAINING

QUALIFICATIONS

BSc (Hons) Sport & Exercise Science

REPS Personal Trainer level 3

British Weightlifting level 2

KBT Education Strength and Conditioning Level 1

Paul has over 10 years' experience, working with a wide range of people from absolute beginners to competitive athletes and everyone in between. Specialising in coaching for attaining a healthy lifestyle, fat loss, muscle building and strength and conditioning, Paul provides the right training to hit your goals.

Paul's expert coaching includes providing 1 to 1 and Group Personal Training, developing and leading intensive programs (R.I.S.E, Female Strength Training) and instructing classes (Supersculpt, Blast).



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT