



CHRIS NICHOLLS

Personal Trainer

Chris can help you reach your goals, no matter your age or fitness level. Seeing his clients exceed their expectations is one of the things he loves most about being a Personal Trainer. Chris believes that each individual has their own specific targets they wish to achieve and their training and diet plan should reflect this.

Chris has been a Personal Trainer for over 10 years and has a breadth of experience to help you reach your full potential. He's worked in a busy commercial gym and offered home sessions to fit around his clients busy lives.

With a variety of different packages available, there is something to suit all needs. The first part of your journey will be a complimentary consultation, to find out your fitness goals and understand more about your general health and lifestyle. Depending on what you wish to achieve in your PT sessions, there may also be a few cardiovascular, strength and mobility tests. Chris will then put together your personal training plan, considering your warm up, mobilisation and the best conditioning and/or strength training exercises suited to you for each session.

Qualifications

Level 3 Personal Trainer | BTN Performance Nutrition Coach | Circuits | TRX Training | Functional Movement Strength & Conditioning | Mobility & Movement Specialist | Injury Prevention (Prehab) | Golf Specific Fitness



For more information, please contact: cnicholls@elitehotels.co.uk