



personaltraining **PT**

MOTIVATION & GOAL SETTING

Simon has years of experience in getting the best from the people he works with. Once your goals have been established Simon will help and guide you through any obstacles in the way of you achieving your potential.



Contact:

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Simon
Elkinson

BSc-NASM-CSCS

PT solutions that work for you

GYM OFFICE OUTDOORS ONLINE

Simon Is an experienced Fitness Trainer and Rugby Coach. He has worked at the highest levels in the game, including professionally on a personal level at premiership level. Coupled with this he has a Sports Science Degree and is a top Strength and Conditioning Coach for male and female elite athletes



Simon has over a decade of experience in helping his Athletes and Clients achieve their goals – from sports specific training to weight loss Simon has a success story.

Simon works in Elite Sport and is a High end Personal Trainer in Surrey, Richmond & London.

121 Personal Training includes

- Circuits
- Boxing
- Core
- Speed & Agility
- Weight Loss
- Weight Training
- Back Pain Relief
- Strong Man
- Pre/Post Natal
- Fitness Assessment

Complementary consultation available. For more information on Prices, Offers, Group Sessions and Locations please get in touch!!

Simon

WEIGHT LOSS SOLUTIONS

Bespoke Training program for optimum weight loss and healthy living. A combination of Smart nutritional advice, Strength training and Conditioning will help you get to your target weight.

HOLIDAY/WEDDING SOLUTIONS

Time is precious! Have a date in the diary you want to look your best for?? Great ! Simon will get you ready in time! Fast track intensive training packages available.

SPORTS SPECIFIC SOLUTIONS

Be it GOLF, TENNIS, NETBALL OR ANY SPORT Simon has the necessary experience and skill set to give you a training program to get better at your sport.

YOUTH TRAINING SOLUTIONS

Want to help your children improve or excel in Sport ? Fun Youth Training sessions are available.



I'VE WORKED WITH A DIVERSE CUSTOMER BASE. HOW CAN I HELP YOU?