

PERSONAL TRAINING



LB SPORTS AND FITNESS



One-to-one or small group sessions! **WITH LIAM BOWMAKER**

- Fitness training
- Strength and conditioning
 - Weight loss training
 - HIIT training
 - Boxing
 - Kettlebells
 - Circuit training
 - Sport specific training
- Level 2 gym instructor
- Level 3 Sports science
- Level 3 Personal trainer
 - First aid
 - Dbs checked
 - Mental health first aid
 - Safeguard