



ELLIOT WELCH

ELLIOTWELCH@HOTMAIL.COM

07709822349

- **HYPERTROPHY/MUSCLE BUILDING**
- **FAT LOSS**
- **FUNCTIONAL/HIIT**
- **NUTRITIONAL ADVICE**

QUALIFICATIONS:

- **LEVEL 3 LIFETIME PERSONAL TRAINER**
- **NUTRITION - OPTIMUM NUTRITION**
- **ADVANCED PSYCHOLOGY**
- **PRE/POST NATAL**

WITH OVER 8 YEARS EXPERIENCE IN THE FITNESS INDUSTRY I TAKE PRIDE IN MY EXPERTISE TO HELP YOU REALISE THE BODY AND MIND YOU DESIRE. MY GOAL IS TO ENSURE EVERYONE I WORK WITH WILL GET THE PHYSICAL RESULTS THEY ARE AFTER AND HAVE FUN DOING SO! USING FUNCTIONAL, SPORTS SPECIFIC TRAINING, THROUGH TO BODYBUILDING AND GENERAL FITNESS & STRENGTH, I LOOK FORWARD TO HELPING YOU REACH YOUR GOALS.

TESTIMONIALS

"Elliot goes the extra mile for you but quite rightly he'll expect the same from you. He'll push you to your limits but in return you'll be in the best shape imaginable" J.B

"My goals were to build my muscle back up and drop body fat with all over body workouts and boy did we achieve this!" A.A

"I never believed I could do 10 press ups. But working with Elliot has proved I can! The pudding arms are long gone!" K.B

"His motivation and enthusiasm are a real driving force for me because he is always super positive while being extremely accommodating at the same time." S.B