

Adam Lancaster

Personal Trainer

UWE Centre for Sport



A bit about me

I am a Personal Trainer with a degree in Nutrition and over 15 years' experience in the health and fitness industry. In my time I have been lucky to train people from all walks of life, including:

- All three military services
- GP referral patients
- Athletes

As your Personal Trainer

I will share my knowledge and experience to ensure that you can optimise your training and food intake to reach your health and fitness goals. We will work together to customise a programme that fits your needs and will help you achieve those elusive goals that you want to reach.

Specialist areas

- Nutrition
- Weight management
- Injury rehabilitation

Qualifications

- BSc (HONS) Public Health Nutrition
- KBT Level 2 - Strength and Conditioning
- Boxercise
- Kettlebell Training
- Olympic Weightlifting
- ILAM GP Referral
- Circuit Training
- Indoor Cycling

For prices, more information and to book your personal training session contact Adam:

Email: adams_pt@outlook.com

Mobile: +44 (0) 7970 480 865

Facebook: Adam Lancaster Personal Training



University of the
West of England