

Sharief Adrissi

Personal Trainer

UWE Centre for Sport



A bit about me

I love everything to do with Health and Fitness! I have been working at UWE for over eight years. I'm a UKBFF Men's Physique Athlete and Fitness Model. I enjoy playing golf and squash in my free time.

As your Personal Trainer

Using my knowledge and passion for health and fitness we will work together to achieve your goals. I will design a structured training plan and advise on all your nutritional needs.

The newly refurbished gym here at UWE offers a range of new technology that will assist us on our journey.

Specialist areas

- Weight Loss
- Muscle Building
- Strength Training
- Injury rehab
- Nutrition
- Sports specific training
- Competition Prep

Qualifications

- Level 3 Advanced Personal Trainer
- Olympic Lifting Instructor
- Indoor Cycling Instructor
- Nike Training Club Instructor
- FA Level 1 Football Coach
- First Aid at Work Qualified

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

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