

# About Us.

**VO2 On The Go was established by a team with a strong combination of skills, experience, and qualifications across sport science, fitness, coaching, performance analysis, athlete development, rehabilitation, recovery, and sports therapy.**

The team brings experience from a range of performance and clinical environments, including academy and first-team football, national-level boxing performance analysis, physiotherapy clinic settings, personal training, gym instruction, sports massage, and athlete monitoring. This broad background gives VO2 On The Go a well-rounded understanding of performance, recovery, rehabilitation, health, and overall wellbeing.

The business combines practical coaching experience with evidence-based sport and exercise science to help individuals better understand their fitness, improve performance, support recovery, and make informed decisions about their health and training.



## Relevant Qualifications Within The Team Include...

- BSc (Hons) Sport and Exercise Science
- HNC Fitness, Health and Exercise
- HNC Coaching and Developing Sport
- Level 3 Personal Training
- Level 2 Gym Instructor
- Extended Level 3 Diploma in Sports Massage
- Level 1 ISAK Anthropometrist