



ABBEY WILLIS

PERSONAL TRAINER

QUALIFICATIONS

BSC (HONS) FITNESS AND DANCE
DIPLOMA IN ADVANCED NUTRITION
LEVEL 3 PERSONAL TRAINER
LEVEL 2 FITNESS INSTRUCTOR
STRENGTH & CONDITIONING COACH

I SPECIALISE IN

WEIGHT LOSS
BODYBUILDING
LIFESTYLE TRANSFORMATIONS
SPORTS SPECIFIC TRAINING

MY EXPERIENCE & PHILOSOPHY

HEY, I'M ABBEY AND I'M SUPER PROUD TO BE PART OF THE UNIT 24 FAMILY.

MY YEARS IN THE INDUSTRY HAVE GIVEN ME THE TOOLS & EXPERIENCE TO HELP YOU ACHIEVE YOUR DESIRED GOALS.

I'M ALSO A PT WHO PRACTICES WHAT THEY PREACH. I'M A PRO BIKINI COMPETITOR, WORKING MY WAY UP THE RANKS TO COMPETE INTERNATIONALLY THESE PAST FEW YEARS WITH OVER 8X CHAMPION TITLES.

I LOVE MY SPORT BUT MY PASSION LIES IN HELPING & SEEING OTHERS SUCCEED.

WHETHER YOUR LOOKING TO DROP SOME POUNDS, FEEL MORE CONFIDENT, COMPETE IN A SPORT OR JUST FEEL FITTER OVERALL. YOU ARE IN THE RIGHT PLACE.

WITH 1-1 PERSONAL TRAINING SESSIONS WITH MYSELF PLUS ACCESS TO MY APP TO FOLLOW PERSONALISED TRAINING & NUTRITION PLANS OUTSIDE OUR SESSIONS YOUR GOALS WILL BE INSIGHT.

CONTACT ME TODAY

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