



## MY EXPERIENCE & PHILOSOPHY

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HAVING COMPETED AT NATIONAL LEVELS IN BODYBUILDING AND STUDYING SPORTS SCIENCE I UNDERSTAND HOW TO COMBINE DIFFERENT OBJECTIVES AND TRAINING STYLES TO HELP YOU BRING OUT THE BEST VERSION OF YOU.

I HAVE BEEN IN THE PT INDUSTRY SINCE 2014, I HAVE GAINED THE KNOWLEDGE AND EXPERIENCE TO UNDERSTAND THAT NOBODY IS THE SAME BUT IF THEY STICK AT A PLAN WITH THE RIGHT GUIDANCE AND MOTIVATION THEN THEY CAN ACHIEVE ANYTHING THEY WANT.

# ED JOHNSON

PERSONAL TRAINER

## QUALIFICATIONS

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FOUNDATION DEGREE IN SPORTS PERFORMANCE & PERSONAL TRAINING

Gp referral,

Older adult,

Weight training for adolescents

Cardiac rehab

## I SPECIALISE IN

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BODYBUILDING

SPORTS NUTRITION

WEIGHT LOSS

CIRCUIT BASED TRAINING

## CONTACT ME TODAY

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