



MY EXPERIENCE & PHILOSOPHY

HI, MY NAME IS LIAM AND I'M PRIVILEGED TO BE A PART OF THE UNIT24 TEAM!

WHEN IT COMES TO HEALTH AND FITNESS, I BELIEVE THAT IT REALLY SHOULD BE FOR EVERYONE AND I WANT TO EMPOWER EACH INDIVIDUAL TO 'NURTURE THEIR EVERYDAY ATHLETE' THROUGH SHARING THE SKILLS AND KNOWLEDGE THAT I HAVE ACHIEVED OVER YEARS OF MY OWN PERSONAL FITNESS JOURNEY COMBINED WITH EXTENSIVE STUDY.

MY OWN FITNESS JOURNEY BEGAN MORE THAN SEVEN YEARS AGO AND I CAN REMEMBER INSTANTLY FALLING IN LOVE WITH IT. I HAVE DEVELOPED THE SKILLS FIRST HAND TO ACCELERATE PEOPLE TOWARDS THEIR GOALS OF ACHIEVING A BETTER BODY WHETHER THAT BE THROUGH WEIGHT LOSS OR BUILDING LEAN MUSCLE MASS.

I HAVE A PASSION FOR STRENGTH AND CONDITIONING HIGHLIGHTED BY A FIRST CLASS HONOURS DEGREE IN THE SUBJECT THE GENERAL PRINCIPLES OF STRENGTH AND CONDITIONING SHOULD MAKE UP ANY GOOD FITNESS PROGRAMME AND I WANT TO INCORPORATE THESE KEY CONCEPTS INTO YOUR TRAINING TO MAKE IT MORE ENJOYABLE AND FULFILLING WHILST ALLOWING YOU TO LIVE A MORE ROBUST AND ACTIVE, HEALTHY LIFESTYLE.

PLEASE FEEL FREE TO DROP ME A MESSAGE AND I WILL BE MORE THAN HAPPY TO DISCUSS YOUR FITNESS GOALS FURTHER WITH YOU TO SEE HOW WE CAN WORK TOGETHER TO HELP YOU ACHIEVE YOUR GOALS.

I AM VERY FLEXIBLE WITH THE DELIVERY OF MY PERSONAL TRAINING UTILISING THE INTERNET, MOBILE APPS AND IN PERSON

TRAINING TO SUIT ALL YOUR NEEDS!

LIAM TRUSSLER

PERSONAL TRAINER

QUALIFICATIONS

BSC HONS STRENGTH AND CONDITIONING SCIENCE

LEVEL 3 PERSONAL TRAINER

LEVEL 2 FITNESS INSTRUCTOR

I SPECIALISE IN

SPORT SPECIFIC TRAINING

FUNCTIONAL TRAINING

BODYBUILDING

WEIGHT LOSS

CONTACT ME TODAY

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