



## **MY EXPERIENCE & PHILOSOPHY**

AS A PROFESSIONAL STRENGTH AND CONDITIONING COACH AND PERSONAL TRAINER, MY PASSION IS TO GUIDE PEOPLE TOWARDS A HEALTHIER LIFESTYLE. EVERYBODY IS UNIQUE, WITH THEIR OWN STRENGTHS AND LIMITATIONS. MY METHOD IS TO BUILD A CUSTOM PLAN BASED ON YOUR HEALTH, SCHEDULE AND MORE IMPORTANTLY, FITNESS GOALS. I AIM TO TRANSFORM YOUR BODY AND INFLUENCE YOU TO MAKE MORE MINDFUL DECISIONS WHEN IT COMES TO YOUR HEALTH.

SINCE WORKING AT A CHIROPRACTIC CLINIC, I'VE BEEN STUDYING AND DEVELOPING SKILLS IN FUNCTIONAL MOVEMENT SCREENING AND NEURO KINETIC THERAPY (MUSCLE TESTING). THIS HELPED ME TO BETTER ASSESS ANY MUSCLE INHIBITION THAT MIGHT BE CAUSING DYSFUNCTION IN THE BODY. BY UNDERSTANDING A CLIENT'S BODY BETTER AND HOW IT IS CURRENTLY FUNCTIONING, I WILL BE ABLE TO TAILOR THE TRAINING, THE REHABILITATION PROGRAMME AND SIGNIFICANTLY IMPROVE FUNDAMENTAL MOVEMENT PATTERNS.

WITH PERSONAL TRAINING, I'M VERY PASSIONATE WITH HELPING CLIENTS ACHIEVE THEIR PERSONAL GOALS. THIS MAY INCLUDE SUCH THINGS AS WEIGHT LOSS, MUSCLE BUILDING, TO EVERYDAY FUNCTIONALITY SUCH AS IMPROVING POSTURE AND MOBILITY WITH STRETCH AND ACTIVATION. WITH THIS, I CAN ADAPT TO A WIDE VARIETY OF CLIENTS WITH NEEDS SUCH AS HEALTH AND FITNESS, TO SPORTS SPECIFIC TRAINING AND PERFORMANCE.

# **SANCHEZ BREDWOOD**

PERSONAL TRAINER

## **QUALIFICATIONS**

LEVEL 3 COACHING STRENGTH AND PERFORMANCE  
LEVEL 2 FITNESS INSTRUCTING  
LEVEL 3 PERSONAL TRAINING

## **I SPECIALISE IN**

FUNCTIONAL MOVEMENT SCREENING (FMS),  
SPEED AND POWER  
FAT LOSS  
REHABILITATION  
MYOFASCIAL RELEASING  
SPORTS PERFORMANCE  
OLYMPICS LIFTING

## **CONTACT ME TODAY**

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