



Aaron Wells

L3 PERSONAL TRAINER

A BIT ABOUT ME:

I am a national 400/800m athlete, who also loves lifting weights.

Using my experience and skillset allows me to teach clients efficient & effective workouts to help them reach and go beyond their goals.

After working with and alongside body builders, i have a great knowledge of different exercises and advanced training methods to get the most out of your session.

I love watching clients progress and make positive changes to their lifestyle while still being able to enjoy the finer things in life.

QUALIFICATIONS:

- REPS Level 2 Gym Instructor
- REPS Level 3 Personal Trainer
- England Athletics coach
- First Aid/Emergency responder

SPECIALISATION AREAS:

- Muscle Growth
- Muscle definition
- Fitness/Muscular endurance
- Body fat loss