

CHRIS TAYLOR- ROBERTS

PERSONAL TRAINER

Life is busy, so there's lots to work around to get the best from your fitness and weight training routines. I promise to put my heart and soul into helping you negotiate the external factors that can hold you back from achieving your goals.

When you are successful you don't need to brag - others will do that for you.

EXPERIENCE & QUALIFICATIONS

Level 5 Certificate in Advanced Personal Training

Level 1 Crossfit

Been in the fitness industry since 2016

Hobbies & Interests:

Olympic Weight Lifting, Fishing, Rugby League, Crossfit

SPECIALISING IN:

- Personal Training
- Functional Fitness
- Olympic Weight Lifting
- Injury Rehab

