



# Meet Anders Bishop..... .....Our Resident Personal Trainer!



## **QUALIFICATIONS**

Level 3 Personal Trainer  
Level 2 Fitness Instructor  
Circuit Training Instructor  
Core and Stability Training Instructor  
Advanced Resistance Training Instructor  
Exercise for Fat Loss Trainer  
Functional Equipment Trainer  
Nutrition and Weight Management Adviser  
Behaviour Change Coach  
Practical Running Gait Analyst

## **Experience in**

-Personal Training  
-Strength and conditioning  
-Classes inc Circuits, Boxercise, Bootcamps, Core and Stability, Sparta  
- Sports inc Ironman, Cycling Road and MTB, Running, Swimming, Judo and many others.

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**FOR MORE INFORMATION**

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